

**Fish and Seafood Recipes for  
Underutilized Species of Puerto Rico  
and the US Virgin Islands**

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# Acknowledgements

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Special thanks to Helena Antoun, NOAA Fisheries, SERO and Natalia Perdomo Ramírez, for their contribution in the production of this book.

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## Preface

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This recipe book originated from an idea presented by Diana Martino, CFMC Outreach and Education Coordinator, during an event at the Fishers Association in Ponce Playa, Ponce, Puerto Rico, for which Chef Juan Carlos Vicens prepared a set of plates using local seafood species not commonly used, especially depicting the lionfish.

The activity, which was one of various activities for the Sustainable Seafood Campaign, was a success, and the fishers and CFMC members present expressed that this could serve to promote the use of those species that are underutilized and not commonly used by the consumers.

Diana Martínó consulted this idea with Dr. Alida Ortiz, Chair of the Outreach and Education Advisory Panel and contacted various chefs and other collaborators that are now the authors of this important contribution to the promotion of utilization of these species that could provide alternatives for the fishers and consumers in the US Caribbean.

Recipes from St. Thomas and St. Croix of the USVI, as well as those from Puerto Rico, have been used to offer the reader a taste from each one of the main areas within the jurisdiction of the CFMC.

The book also is a response to the need of making the public aware of locally caught fish that could be acquired by the consumers, which in turn benefits the local fishing industry.

It is our hope that you will enjoy these recipes now and in the future, and at the same time helping to promote the sustainability of the marine species in the U.S. Caribbean

Diana T. Martínó and Miguel A. Rolón



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# Introduction

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## Why create this Recipe Book?

The goal of the CFMC with the production of this recipe book using underutilized species present in the fisheries of Puerto Rico and the US Virgin Islands, is to promote the consumption of these species and diminish the pressure on the species that have management regulations. This action will support the efforts of attaining and maintaining a sustainable fishery, where fish populations and their habitats are kept in the natural balance needed. It is a product of the outreach and education initiative *Responsible Consumer = Sustainable Fishery* Campaign. This is directed to consumers at the fishing villages, markets and restaurants to promote consumer's awareness on the importance of responsible seafood consumption. The main goal of the Campaign is to develop awareness among consumers on the importance of their choice, and how it can help to achieve sustainability of the U.S. Caribbean fisheries.

The CFMC is responsible for the management of reef fish, spiny lobster, queen conch, corals and other species within the Exclusive Economic Zone (EEZ) which includes Puerto Rico and the U.S. Virgin Islands. Management measures, such as closed fishing seasons, minimum size and number of fish caught, among others, are implemented to secure fisheries sustainability. The local fishers support and comply with the management regulations, and most of the outreach and education efforts related to fisheries have been directed to the fishers.

The commercial fishing industry in Puerto Rico and in the U.S. Virgin Islands is described as “small scale fishery,” for which fishers use small vessels, and fishing trips are relatively close to the shore. Our fishing industry plays an important economic role in our islands. Each registered commercial fisher usually employs at least one helper from the community. Also, commercial fishers support the local seafood markets and provide fish to restaurants and hotels.

Along with these targeted species, the fishers catch others that are considered bycatch, which are edible, and have good quality meat that may substitute the species under management regulations. However, the consumer's high demand for particular species of groupers, snappers, queen conch and spiny lobster, based on gastronomical culture and habits put pressure on the fishers, and ultimately on the marine fishery ecosystem. With this recipe book, the consumer –from the family kitchen to the restaurant– will get the same information that has been given to the fisher and will be able to select, buy and eat species that are delicious to taste, easy to prepare, that can be found in the fish markets and are not regulated.

The importance of seafood consumer's knowledge of the species and understanding their responsibility for a sustainable fishery is widely recognized. If at the fish market or in the restaurant the consumer buys the most commonly known species, regardless of the conditions of their populations, the pressure on the managed species will continue to rise. With this recipe book, we are extending the responsibility to protect the fishery to all consumers in general, with the added value that they will learn to recognize and cook these underutilized, abundant, and delicious species.

When buying at the fish market, at the supermarket or at a restaurant, a responsible consumer must recognize the species of fish and other marine organisms that are fished in Puerto Rico and in the U.S. Virgin Islands. Also, they should be familiar with the information on the natural history of those species and the habitats they occupy. It is important to know the closed seasons that apply to these species, as a protection measure. You should always buy and consume only species that are not prohibited. You must select other species of fish and shellfish, locally caught, fish that are not prohibited, and learn to cook it in different ways to allow a better use of the product.

# The Marine Fisheries Ecosystem in Puerto Rico and the U.S. Virgin Islands, Alida Ortiz Sotomayor, OEAP

The geographical location of the islands of Puerto Rico, St. Thomas/St. John and St. Croix, the tropical climate, the marine currents and aspects of its geology, such as the nature of the marine bottoms, results in a great diversity of our marine fisheries ecosystem. Although it has great biodiversity, its waters are poor in nutrients, so there are no fish or seafood species with large populations as occurs in temperate waters. These conditions favor the development of small-scale fishing, with boats and fishing gear suitable for the natural conditions of the area.

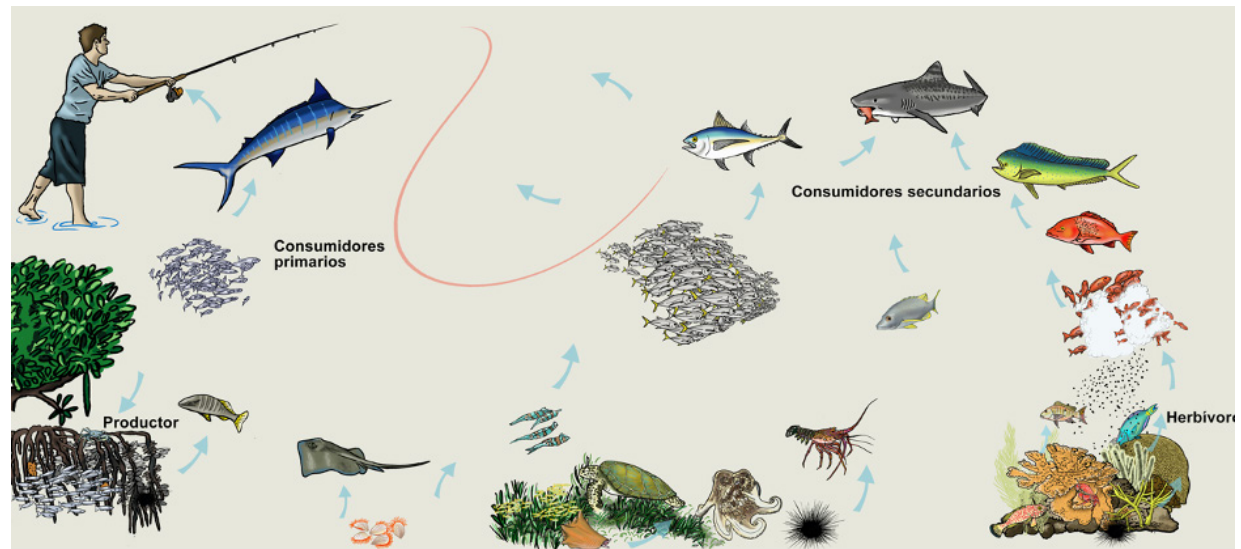
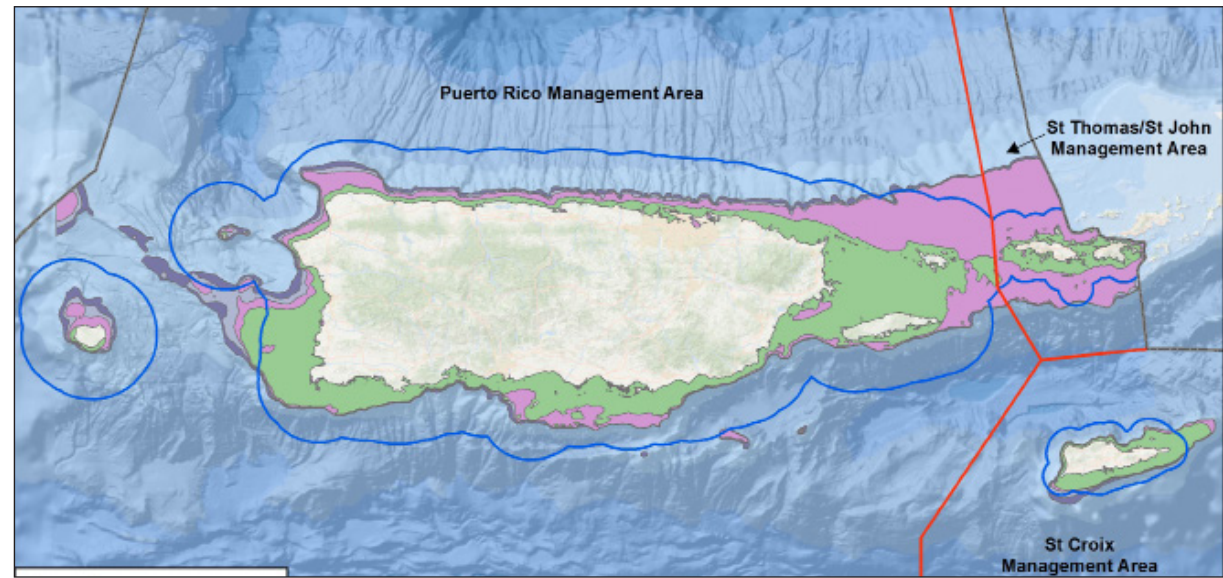
The fish and shellfish populations that make up our fishery are not large and are more dispersed than in other fishing areas. The snappers, groupers, grunts, parrotfishes, barracudas, tunas, as well as the dolphinfish, conch, lobster, octopus, squids and other species that come to our tables are part of that biodiversity. This biodiversity in the marine ecosystem is considered an ecological service. This means that a process or a characteristic of that ecosystem can give us economic benefits, such as: food, protection of the shore, medicines, and spaces for recreation, among others. The fishing activity takes advantage of the biodiversity in the marine ecosystem to obtain food, and socio-economic benefits that contribute to the well-being of fishers, both commercial and recreational. Other groups, such as restaurant owners and tour operators, also benefit from the biodiversity of the marine ecosystem.

This marine fisheries ecosystem, like other ecosystems on Earth, is subject to the impacts due to climate change, which may include, among others, the warming of the waters, displacement of species, death of species and changes in the structure and function of the ecosystem. These impacts will affect the fishery resources known so far.

A fishery is sustainable when natural populations of fish and other organisms remain balanced, and the integrity of the marine ecosystem is protected. In a simple model, the number of individuals that die should be equal or close to the number of individuals entering the fishery. In other words, enough individuals enter the fishery to allow the replacement of natural losses such as predation, and natural mortality in addition to losses due to fishing. The sustainable fishery also depends on the sea water and benthic habitats being free from contamination, and that organisms can move from one ecosystem to another without interruption.



Once we know and understand the complexity and importance of the marine ecosystem, we can then understand that fishers and consumers have the responsibility to protect it, so that the fishery is truly sustainable. The fishing activity, from the point of view of the marine ecosystem, interrupts some of the natural connections between the development of the future population and its food connections with other species. Overfishing of any species can negatively affect the growth of the population, contribute to the collapse of the food web and, consequently, impact the integrity of the ecosystem. Therefore, to promote the sustainability of the fishery, the role of each of these species in the marine ecosystem must be considered.



## Nutrition and Hygienic Handling of Fish and Seafood, Wanda Pantojas

Sustainable food resources depend on flora, fauna and agriculture in general. The sea, rivers and lakes, as part of the planet's food system, and since ancient times, have allowed the settlement of people to obtain daily food, and have provided this important food source for the well-being of humanity.

From the mineral salts that exist in the ocean and the cornucopia of products that it offers us, we see how the sea can sustain us and provide good health. Fish is the greatest source of food protein for humanity. Our goal in this chapter is to offer simple and clear information on how nutritious and delicious the food from the sea can be, especially local products. Along with this, effective hygienic handling allows maintaining all the nutrients in these products, and the consumption of clean food to avoid diseases. Data will be provided on the nutritional properties of fish according to their structure, their environment and their fat content. A table, providing the general nutritional values on the least used local fish in Puerto Rico and in the U.S. Virgin Islands, is included.

By knowing the nutritional value of fish, we can appropriately select the preparation and cooking for each species. Various techniques will be used as tools to prepare excellent recipes and menus. We will also suggest new healthy alternatives to enjoy and eat local fish at home and in restaurants, as well. With this knowledge, we can improve our eating habits. Seafood has been found that could reduce the risks of developing heart disease, cancer, obesity, memory loss and arthritis, among others.

### **Nutritional Aspects of Fish and Shellfish**

Human nutrition is based on six essential nutrients: carbohydrates, fats, proteins, vitamins and minerals. The first three are macronutrients that provide the necessary energy and calories, accompanied by micronutrients that are important in the body's functions and processes. In terms of nutrition, fish and shellfish are excellent sources of protein, fatty acids and fat-soluble vitamins.

The 2015-2020 Dietary Guide for Americans urges families to increase their consumption of seafood, at least twice a week, to help prevent heart disease and overweight. Fish is a food with great nutritional value, within the group of protein foods. Eating fish should be part of

every family's eating plan. Having a variety of fish offers alternatives to the routine of daily consumption of high-fat red meat, so that we obtain a combination of vitamins, minerals and essential amino acids. It is a product rich in proteins of high biological and vitamin value that are also easy to digest. Research has been conducted in edible fish where the concentration of the amino acids (protein structures) lysine, leucine and methionine is recorded. Its proportion of water is high, approximately 75 percent, and it contains less lipids, having less caloric value than other food sources.

Fish contain:

- less total fat than most meats,
- a high nutritional density,
- naturally unsaturated fats; and
- those higher in fat provide essential fatty acids such as omega-3 and omega-6.

Researchers have found that freshwater fish contain a low proportion of omega-3, although it can vary between the same species, with deep-sea fish being higher in omega-3 and omega-6.

Having seafood twice a week and substituting meat or poultry for fish, approximately 8 ounces of fish per week, can reduce LDL (bad cholesterol) and prevent the risk of cardiovascular diseases by helping the absorption of non-heme iron and strengthening the immune system. Fish are rich in vitamin D, vitamin B complex, and minerals, such as, selenium and iodine. This shows that the nutritional composition of different species of edible fish must be thoroughly understood and investigated to establish personalized diets and menus.

Some values of fish consumption are, among others:

- preventing coronary heart disease,
- promoting brain development,
- improving the retina; and
- helping reduce the incidence of cancer, rheumatoid arthritis, multiple sclerosis, inflammation of the digestive system, asthma, and psoriasis.



In a fish-vegetarian diet, people plan a meal based on fish and plants, leaving out meat or poultry. Some adepts said this diet plan include eggs and dairy products. Studies identify the Mediterranean diet as the most varied in food and nutrients, considering it to be of great benefit to our health.

### **Guide for the Consumption of Fish in Pregnant and Breastfeeding Women**

The 2015-2020 Dietary Guide for Americans, points out the importance of eating more seafood for pregnant and breastfeeding women. During gestation, a diet that include more fish can strengthen the health of the fetus. Studies show that consuming 1 or 2 servings of these products per week, and increasing the in-take to 3 or 4 times per week during pregnancy is associated with a better neurodevelopment in children, compared to children of mothers who did not eat them.

Fish and shellfish are an excellent source for babies to obtain the necessary nutrients to develop the brain, eyesight, bones, and muscles. Another breakthrough in research on fish and shellfish nutrition on possible allergies in children under 12 years of age was published in The American Journal of Clinical Nutrition in June 2013. The study investigated the effects of fish in-take in infants, and the decrease in allergy problems, and concluded that introducing regular consumption of fish reduces allergies in general up to the age of 12.

The Food and Drugs Administration (FDA) recommends caution with those species high in mercury.

### **Nutrition and Cooking**

The choice of a fish or shellfish depends on the cooking technique to be used and the result desired. You can choose a fish low or high in fat, cut into fillets, steak, whole, or with parts removed (head, tail, fins, etc.) and with or without skin. Low-fat fish should be used for baking and poaching in broths, they are more tender, and their meat is light. Those with more fat are preferred for roasting and grilling, because of their firmer and darker meat. The right temperatures are important while cooking, so as not to destroy the nutritional density of the fish. An adequate cooking time results in a nutritious and appetizing product. A 10-minute cooking rule applies to thawed or fresh fish, where every inch of thickness is considered, but in the case of frozen fish, cooking time must be doubled.

Fish are divided into categories according to the level of fat they provide:

- lean, if they provide 1- 4 percent of lipids,
- semi-fat with 5-9 percent of lipids; and
- fatty with more than 10 percent of lipids.

Due to their low-fat content, underutilized fish and shellfish are a good option for a proper diet, and at the same time are excellent sources of protein. Seafood greatly contributes mineral elements such as iodine, iron, copper, zinc, and low-calorie content.

Table 1: Number of macronutrients in an adequate serving (per serving) of underutilized fish and shellfish in Puerto Rico and the U.S. Virgin Islands. (The amounts are approximate as they can vary according to waters and fishing latitudes).

	Weight	Calories	Carbohydrate	Protein	Fat
Queen Triggerfish	4 oz 100 gms	90 cal	0 gm	20 gm	1 gm
Wahoo	4 oz 100 gms	167 cal	0 gm	19 gm	9 gm
Lionfish	1 fillet	80 cal	0 gm	18 gm	0 gm
Mahi-Mahi	1 fillet	130 cal	0 gm	28 gm	10 gm
Porgy	3 oz	89 cal	0 gm	16 gms	2 gm
Blue Runner	100 gms	118 cal	0 gm	22 gms	2 gm
White Grunt	4 oz. 100 gms	107 cal	0 gm	22 gms	1 gm
Kingfish	4 oz. 100 gms	100 cal	0 gm	21 gms	2 gm
Blackfin Tuna Yellowfin Tuna	4 oz. 100 gms	109 cal	0 gm	24 gms	1 gm
Octopus	3 oz. 85 gms	70 cal	2 gm	13 gms	1 gm
Queen Snapper	1 fillet 200 gms	200 cal	0 gm	42 gms	0 gm
Redtail Parrotfish	4 oz. 100 gms	86 cal	0 gm		1 gm
Diamondback ans Neon Squid	100 gms	104 cal	3 gm	18 gms	2 gm

## **Hygiene and Handling Standards for Fish and Shellfish**

Mishandling some species of fish and shellfish may cause the person that handles it, as well as the person who eats it, allergies, scombroid or histamine poisoning, ciguatera, anisakiasis and methyl-mercury poisoning, among others. The five risk factors identified as the major causes for these diseases are:

- inadequate temperatures during food maintenance,
- inadequate cooking,
- contaminated equipment,
- food from dangerous sources; and
- poor personal hygiene.

Always try to buy fresh fish. But if you are cooking frozen fish, it must be from responsible sources that meet the USDA, FDA and NOAA requirements. Fish quality is measured by its appearance, smell and skin elasticity. It should have a sea smell, bright clear eyes, and firm scales. Fish can be kept for at least 7 days in a freezer, provided they are kept on ice and in a clean drained tray. When freezing fish, it is preferable to place the fish belly down, so it does not accumulate liquids when the ice melts, and to avoid bad smell and meat discoloration. Freezer temperature should be set to -4 degrees F (-20 degrees Celsius). Care must be taken during storage, as it is necessary to avoid freeze burns to the product, the formation of ice crystals, discoloration, and the fish to lose part of its moisture. Low-fat fish last longer in the freezer (approx. 6-10 months) while those with high amounts of fat last for a shorter period of time (2-3 months).

Obtaining fish and seafood from certified sellers with sustainable fishing practices reduces the mercury in-take, harmful bacteria, microorganisms, and contaminants that affect health when eaten. To protect the product, it is necessary to prevent cross contamination from barges, fish stores, and processing factories, following the established and mandatory federal regulations.

## **Refrigeration, Preservation, Rot, Yield, Rankness and Oxidation**

When cooking fish and shellfish, we create tasty foods that are rich on the palate, transforming their appearance, aroma, and texture, while also destroying those microorganisms that might make it unfit for consumption. Fish and shellfish are generally more perishable than meat products. When they are consumed raw, they can have bacteria and parasites; we can protect ourselves by applying the minimum heat required for cooking.



## **Fresh Fish**

The storage period of fresh fish in the refrigerator or ice-cooler is greatly reduced if they are not handled properly. They must be stored in individual servings. Neglecting this process will remove water content from the fish, accelerating spoilage from contamination and bacteria faster than meat products.

Refrigeration temperature for fish ranges between 32°F to 42° F (0°C and 5°C.) Fish meat is delicate and should not be mishandled. It should be kept moist and prevent odors from being transferred to other products stored in the same space. It is recommended to keep the fish clean of viscera, in containers with ice and drainage for the water. It is important to discard the melted ice on a daily basis.

Once in its container, you should not cover the whole fish; only cover fillets that are already divided into portions. The storage time of the fish is 1 to 2 days in the refrigerator. If you are not going to use it immediately, it is preferable to keep it in the freezer. Live shellfish should be stored at or below 45°F (7°C).

## **Frozen Fish**

Frozen fish should be kept at the same temperature it had when received (0° F). (-18° C). When received frozen, it should go to the freezer immediately. Fillets that will be stored must be kept in its own packaging, making sure it is protected using safe material. Fish must have a fresh smell of the sea, not rank or strong. It is important that it is free of cold burns and that it is wrapped in a suitable material.

High-fat fish should be kept in the freezer for a short period of time (up to 3 months). Low-fat fish can be kept much longer (up to 10 months). Frozen fish contain the same nutritional properties as fresh products, but to maintain the quality of these products it is advisable to take into account rotation and identification before and during the storage.

## **Thawing the Fish**

Do not refreeze fish after thawing it. This process is to be done with great care in order to obtain a fresh-like quality. It is always preferable to defrost fish in the refrigerator, never at room temperature or immersing it in tap water, since it may cause nutritional loss on the product. Freezing temperatures can inhibit the growth of microorganisms, but when fish is thawed and frozen once again, additional bacteria and toxins may grow, in addition to the bacteria and toxins it developed during previous handling. Thawing time for a whole fish in the fridge can be up to 24 hours or more, depending on the size of the fish.

## **Contaminated Equipment**

All equipment used throughout the process of obtaining, preparing, cooking and serving the fish (utensils, surfaces, dishes, and take-out packaging) must have been properly washed and/or sanitized previously, to avoid the risk of cross contamination that could affect people's health and safety.

## **Cooked Product**

Cooking temperatures:

- Whole Fish or fillets - 145°F or higher, for 15 seconds.
- Ground Fish and Shellfish - 155 °F or higher, for 15 seconds.
- Stuffed fish - 165°F or higher.
- Fish Service - Holds 135° or higher.

In the Caribbean, dishes including fish and seafood that contain a number of ingredients are consumed as part of the cooking. Examples of these delicacies are: cod stew, seafood salads, paellas, fried foods, pickles, rice, and soups.

Some precautions when cooking dishes composed of fish and shellfish are:

- Always keep fish or seafood in the refrigerator until you are going to cook it. Keep potentially dangerous food out of the danger zone (41°-135°F).
- Consider chilling the fish before mixing it with other products.
- Wash all products that come from the soil (vegetables, onions, garlic, leaves).
- Fried food (already cooked) should be kept at a temperature of 135 °F.
- Salads and pickles must be cold before mixing them with the other ingredients.
- If you eat raw fish, make sure that it was handled properly, 7 days at 4° below zero (-4 °F) or fifteen hours at thirty-one degrees below zero (-31°F). Eating raw fish is contraindicated for pregnant women and for people with a compromised immune system.

- Dishes such as soups that contain fish, seafood and rice, should be treated like fried food, keeping the temperature at 135 degrees.
- Clams and oysters are considered ready-to-eat food; therefore, they should not be stored near raw fish, other shellfish, meat, or poultry.

National Fisheries Institute  
[www.abseafood.com](http://www.abseafood.com)

USDA Food and Drug Administration (FDA)  
[www.EPA.gov/gov/fishadvice](http://www.EPA.gov/gov/fishadvice)

Authors: Magnuson J, et al.

Journal: The American Journal of Clinical Nutrition, June 2013 (e-published ahead of print publication April 10, 2013)



## Species Catalogue -Alida Ortiz Sotomayor, OEAP

These species are commonly caught by the fishers all year-round, but they are not included in the traditional menus used by the consumers in our region. They are abundant, edible, nutritive, easy to cook, and presently do not have closed seasons. For a sustainable fishery resource, these species can substitute the groupers, snappers, and conch, among others, that have fishing regulations. Learn to recognize them in the fish markets and restaurants and be part of the Caribbean Fishery Management Council's Sustainable Seafood Campaign: *Responsible Consumer=Sustainable Fishery*.

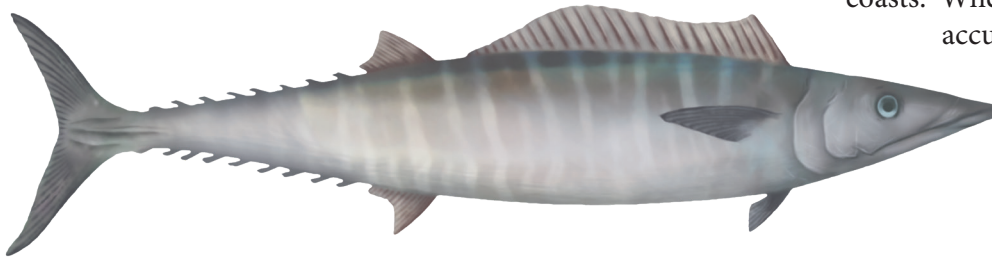


### 1. Lionfish (*Pterois volitans*)

This invasive species from the Pacific Ocean, is abundant in our waters now. It stands out for its many spines and striped body. It is found in lagoons and reefs at a depth of up to more than 300m. The spines are venomous, the meat is not.

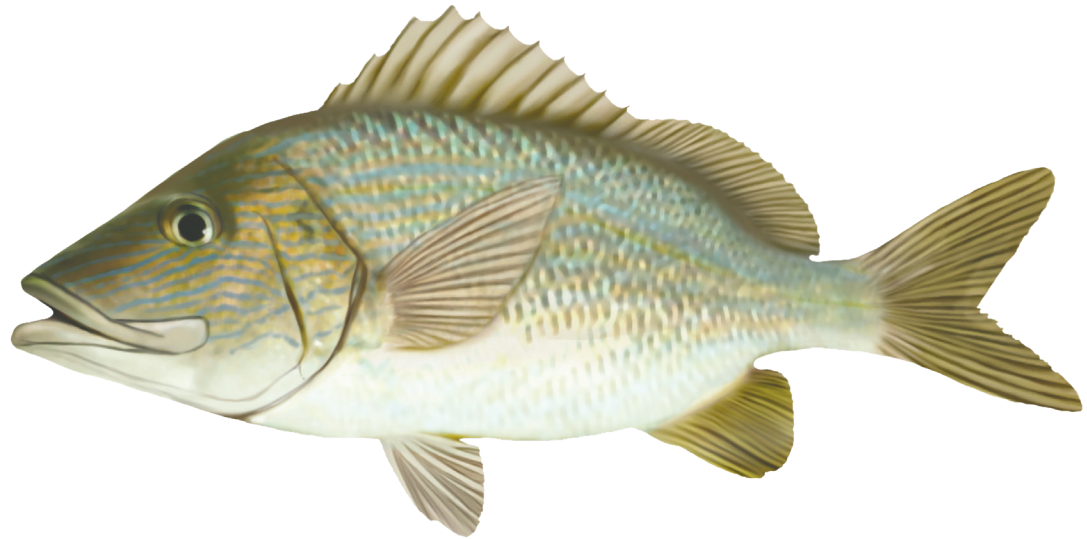
## 2. Wahoo (*Acanthocybium solandri*)

Found in the water column, near the surface. It grows up to 8 feet and 158 pounds. When fished and still alive, it is notable for its iridescent steel-blue color on the dorsal part and a silver belly and vertical blackish-blue bars on the sides, which disappear as soon as it dies. The body is covered by small scales. It is abundant during the months of October and November on the southwest, south, northwest, north and west coasts. When fished, it should be immediately placed on ice to prevent the accumulation of histamines in the meat that can be toxic to the consumer. The meat is of very good quality and high in fat content.



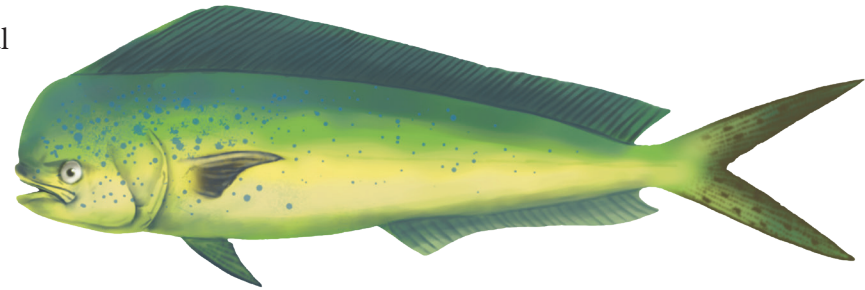
## 3. White grunt (*Haemulon plumieri*)

Found in dense aggregations during the day on patch reefs, around coral formations, or on sandy bottoms. Juveniles are common in seagrass beds. Feeds on crustaceans, small mollusks, and small fishes.



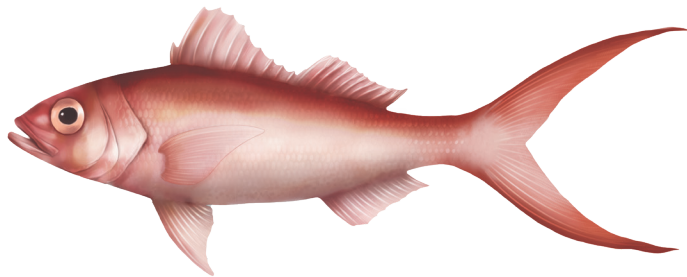
#### 4. Dolphinfish/Mahi-Mahi (*Coryphaena hippurus*)

Lives near the surface. It has a bright greenish-blue color on the dorsal portion and bright gold or silver on the ventral portion and dark and light spots on the sides that fade almost immediately once it is removed from the water and dies. The adult male has a square head and the female has a rounded head. They grow up to 7 feet long and weigh 88 pounds generally. It is more abundant between the months of March to December, and February to April.



#### 5. Queen snapper (*Etelis oculatus*)

Dorsal and anal fin bases without scales; caudal fin deeply forked. Scale rows on the back, running parallel with the lateral line. The back and upper sides are deep pink to red; the lower sides and belly are pink; the fins are pink, except the spinous portion of the dorsal fin; the entire caudal fin is brilliant red. Adults inhabit rocky bottoms and feed mainly on small fishes and squids.



#### 6. Kingfish (*Scomberomorus caballa*)

Often found in outer reef areas. Feeds primarily on fishes and invertebrates. It is an important species for recreational, commercial, and fisheries throughout its range.



**7. Porgy (*Calamus pennatula*)**

Adults often seen over rocky areas or reefs, but also on flat bottoms to about 85 m depth, while the young inhabit shallower waters. Feeds on crabs, mollusks, worms, brittle stars and hermit crabs.



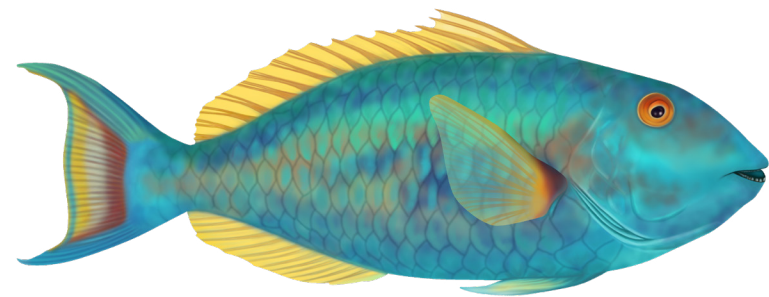
**8. Triggerfish (*Balistes vetula*)**

Found over rocky or coral areas. May form schools, sometimes solitary over sand and grassy areas. Feeds mainly on benthic invertebrates. It preys on sea urchins by blowing water to overturn it and then attacks it where the spines are short



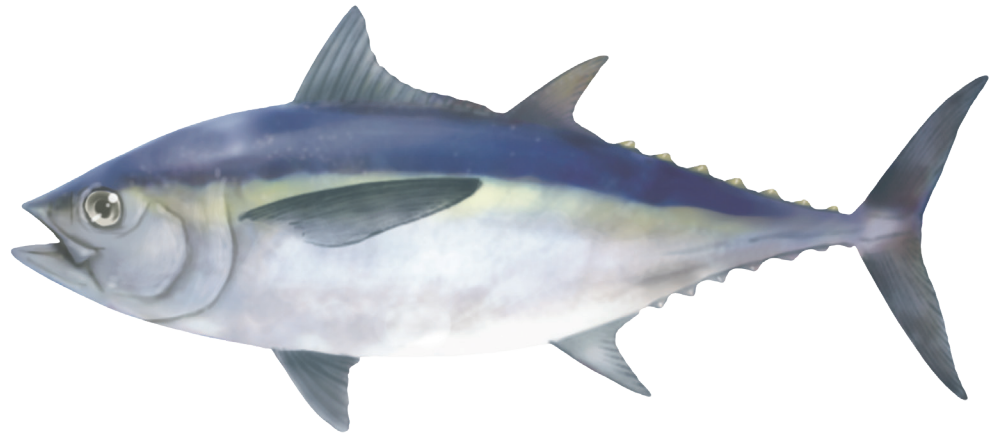
**9. Redtail parrotfish (*Sparisoma chrysopteron*)**

Found in coral reefs and adjacent habitats. Juveniles are mostly found in seagrass beds. Feeds on benthic algae and seagrasses, among others.



#### 10. Blackfin tunna (*Thunnus atlanticus*)

Highly migratory species found in oceanic waters, sometimes not far from the coast. Forms large mixed schools with the skipjack tuna. Its spawning grounds are located well offshore. Preys on surface and deep-sea fishes, squids, amphipods, shrimps, crabs and stomatopods and decapod larvae. In the Caribbean Sea the largest fishery for blackfin tuna operates off the southeastern coast of Cuba and uses live-bait and pole.



#### 11. Blue runner (*Caranx crysos*)

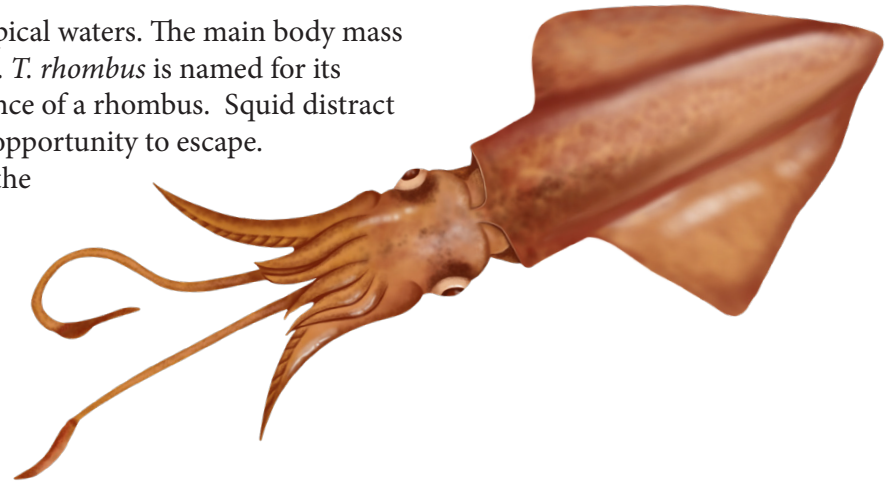
A schooling species generally not far from the coast in coastal marine and brackish waters to at least 100 m depth. Juveniles are often found in association with floating Sargassum, often entering lagoons and estuaries. Adults feed on fishes, shrimps, and other invertebrates. They spawn offshore from January through August. Eggs are pelagic. Excellent food fish. Frequently exhibits a territorial 'kissing' display in which two contenders push each other on the lips with their mouths wide open.





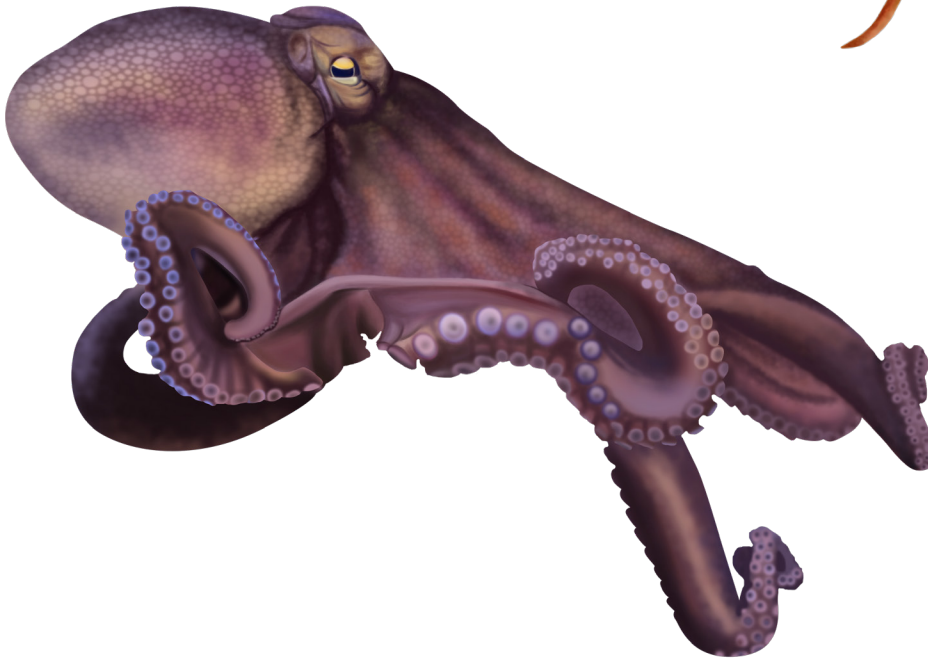
## 12. Diamondback squid (*Thysanoteuthis rhombus*)

It is a large species of squid found worldwide, in tropical and subtropical waters. The main body mass is enclosed in the mantle, which has a swimming fin along each side. *T. rhombus* is named for its fins, which run in equal length along the mantle, giving the appearance of a rhombus. Squid distract attacking predators by ejecting a cloud of ink, giving themselves an opportunity to escape. Squids form a major food resource and are used in cuisines around the world. The body can be stuffed whole, cut into flat pieces, or sliced into rings. The arms, tentacles, and ink are also edible.



## 13. Octopus (*Octopus vulgaris*)

The soft body of the octopus can rapidly alter its shape, enabling them to squeeze through small gaps. They trail their eight appendages behind them as they swim. Octopuses inhabit various regions of the ocean, including coral reefs, pelagic waters, and the seabed. Some live in the intertidal zone and others at abyssal depths. Octopuses typically hide or disguise themselves by camouflage and mimicry; some have conspicuous warning coloration.



#### 14. Rainbow runner (*Elagatis bipinnulata*)

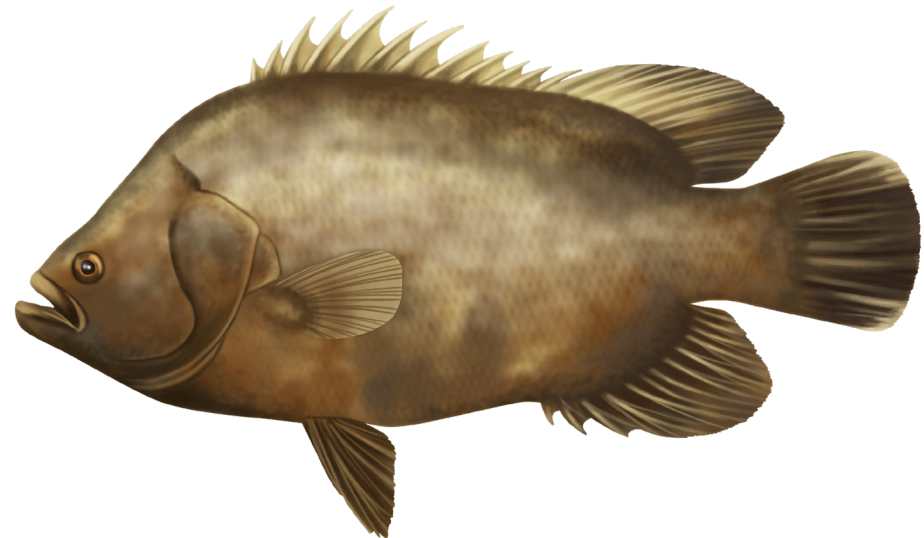
A pelagic fish usually found at or near the surface (0-15 m), over coral and rocky reefs or sometimes far offshore; may form sizeable schools. Its body is greatly elongate, almost fusiform. Pointed head and snout. Small mouth, and an upper jaw ending distinctly before the eye. It has

a dark olive-blue or green color above, and white below; two narrow light blue or bluish-white stripes along sides, with a broader or yellowish stripe between them; fins dark with an olive or yellow tint. Feeds on crustaceans, small fishes, and squid. Spawning generally occurs during the summer.



#### 15. Tripletail (*Lobotes surinamensis*)

Found in tropical and subtropical waters of all oceans. Adults have a dark brown color, or greenish yellow above, and silvery grey below; pectorals pale yellow, other fins are darker than the body; caudal fin with yellow margin. Rounded caudal fin that appear as single 3-lobed fin. Adult inhabits bays, muddy estuaries and lower reaches of large rivers. A sluggish offshore fish that often floats on its side near the surface in the company of floating objects. Occasionally drifts over reefs. Juvenile may occur in floating Sargassum and mimic a floating leaf. Feeds on benthic crustaceans and small fish.



## Know the Chefs

Well known chefs have shared their recipes with you. A short biography for each one follows:

### Juan Carlos Vicéns



Juan Carlos Vicéns, best known as Chef Vicéns, was born in San Juan, Puerto Rico. His parents owned a family catering business, in which he worked since young. As he says, “I have the culinary arts in my DNA.” He has worked in various prestigious restaurants, such as *El San Juan Hotel and Casino*, among others, and is currently the Chef at “*El Club Náutico de San Juan*”, where he has been the Executive Chef for the last 25 years. He has also been part of the Culinary Academy, as Professor and Chef Instructor at University Ana G. Méndez International School of Hospitality and Culinary Arts. Chef Vicéns has been a culinary ambassador in worldwide events like the ITB in Berlin Germany 1989, and Caribbean Culinary Fest, Cancun Mexico 1991. He has also proudly collaborated with the CFMC, since 2009, in various events, including the NOAA Fish Fry, held every year in Washington D.C., as well as in the production of videos for cooking these recipes.

### Cedric Taquín



Cedric Taquín was born in Kenya, Africa. He is the son of a Belgian father and a French mother who had Puerto Rican parents. He was raised in a family with a great enthusiasm for fishing and good food. As a child, he learned fishing with his father and his maternal grandfather. The family’s main passions—fishing and cooking—led him to become a chef, restaurateur, and a fisherman as well. Some of the species Cedric enjoys catching include mahi-mahi, wahoo, kingfish, and tuna. As a fisher and chef, Cedric promotes the “Catch of the Day” (to eat what is available and seasonal) and believes that fishing closures are a great instrument to give marine species a break, so the species can have the opportunity to reproduce. In his restaurant, *MenTa Cuisine*, in Hatillo, Puerto Rico, he encourages local fish consumption, so that customers learn something about what they are eating, no matter if it is mutton snapper, grouper, or yellowfin tuna.

### Wanda Pantojas



Wanda Pantojas, PhD is an Associate Professor at the School of Hotel and Restaurant Management of the University of Puerto Rico in Carolina. She sees as her responsibility, “to provide a humanistic education, with technical experiences from the Hospitality Industry to forge professional in this field.” Wanda has a great passion for the culinary arts, the history of eating, the respect of every food, and maintaining a healthy lifestyle through good nutrition. As she says: “I firmly believe in the relationship between the environment around us and health. When we are born, grow up and live in these islands, we obtain, as a gift, a wide sea that can provide us forever with the necessary food for a balanced diet, clean air, a beautiful space for recreation and enhance our quality of life.”



**Cory Magras**



Cory Magras is a chef, mentor, teacher and father, from St. Thomas, U.S. Virgin Islands. He describes the act of eating “as more than just a meal, but an experience that takes its place in your memory and will be rivaled by every meal to follow.” He has a degree in culinary arts and experience with numerous companies, including The Hyatt Corporation, The Peabody Hotel Group, The Back Bay Restaurant Group and The Ritz Carlton. He says that he is “determined to be an instrument of positive change in the lives of those that I touch and to induce a society of quality, unwavering and unmatched service, for everyone, by everyone”. His challenge now is to teach his passion for food, for service and for gratification through a well planned and executed culinary experience to the generations that are looking for guidance, acceptance and leadership.

**Carlos Farchette**



Carlos Farchette, lives on the island of St. Croix, U.S. Virgin Islands. He is an ardent recreational fisherman who enjoys cooking different types of recipes, particularly seafood. He enjoys watching the Food Network Channel, and cooking the recipes he sees on the network, while adding a Caribbean flavor to the recipes. Presently, Carlos is also a member of the Caribbean Fishery Management Council, and has worked in fishery management for over 40 years.



### Mike Funk



Mike Funk is a retired Physician Assistant/Clinical Professor, who became an avid SCUBA diver/lionfish hunter after moving to St. Croix, U.S. Virgin Islands in 2012, about the same time the lionfish was seriously invading the territorial waters. He joined the CORE Foundation as a lionfish hunter and is now the Education and Outreach Coordinator and a CORE Strike Team diver involved in monitoring and treating stony coral tissue-loss disease in St. Croix reefs. He is a member of the Fisheries Advisory Committee representing recreational lionfish hunters.

### Nikole Greaux



Nikole Greaux was born in St. Thomas, U.S. Virgin Islands, and grew up on an island in the middle of the Charlotte Amalie Harbor. She learned to fish for fun, and for food at an early age. Nicole and her husband come from a family of fishers. She is currently the CFMC Fisheries Liaison for St. Thomas and St. John, and a fervent advocate of sustainable seafood practices in the U.S. Virgin Islands.

## Recipes

### *Is that fish edible?*

The objective of this cookbook is that consumers of fish and seafood enjoy underutilized species that are not usually consumed in restaurants and home kitchens. These species are abundant in the daily catches, are easy to cook and exquisite to taste. In this chapter you will find recipes for the species described in Chapter 2. They can be found in fish markets in Puerto Rico and the U.S. Virgin Islands.

	saute / seared	roast	grill	griddle	fry	stir fry	pan fry	air fry	boiled	poach	steam	stew/braise	bake broil	uncooked	smoked
Lion Fish	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Wahoo	x	x	x	x	x	x	x	x		x	x	x	x	x	x
White Grunt	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Dolphinfish	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Kingfish	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Porgy	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Triggerfish	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Redtail parrotfish	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Blackfin tuna	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Rainbow runner	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Blue runner	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Tripletail	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Black snapper	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Queen Snapper	x	x	x	x	x	x	x	x		x	x	x	x	x	x
Diamond Back Squid	* x		* x	* x	* x	* x	* x	* x	x			* x	* x		x
Octopus	* x		* x	* x	* x	* x	* x	* x	x			* x	* x		x

Fillets of these species are thin to very thin; therefore, should be wrapped in aluminum foil or used of a grilling mat for grilling

Preferably roast whole fish

Add last minute and just cook until pale. To avoid shredding

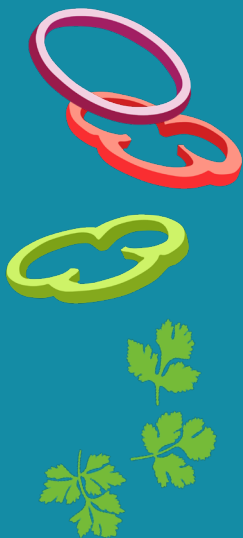
\*Must be cooked (boil) prior to proceed with another cooking method

Best 2 cooking method for specie

must use a strong marinade



Lionfish  
(*Pterois volitans*)



## Lionfish Ceviche - Michael Funk

(4 portions)



4 ea – 6 oz / 170 g lionfish fillets  
1 ea red onion  
2 ea red tomatoes  
1 ea bunch of cilantro  
4 ea limes  
1 ea orange  
1 ea lemon  
1 ea jalapeno pepper  
Salt and pepper to taste

1. Dice the lionfish into about ½ inch cubes.
2. Dice the onion, tomatoes, cilantro and pepper (use ½ the pepper if you want it to be less spicy) as fine as you can (or use a food processor).
3. Place these prepared ingredients into a large bowl.
4. Add the juice from the limes, orange and lemon (there should be enough juice to cover the other ingredients) and stir the mixture well.
5. Cover the bowl and put in the refrigerator for an hour or so before serving with your preferred scoops (can be served as corn scoops, but you can also serve it as a kind of cold soup).

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

Calories / Calorías

90

per serving / por ración

360

per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	0g	0% 1.5g
Saturated Fat / Grasa Saturada	0g	0% 0g
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	25mg	9% 105mg
<b>Sodium / Sodio</b>	330mg	14% 1330mg
Vitamin D / Vitamina D	0mcg	0% 0mcg
Iron / Hierro	1.3mg	8% 1.3mg

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Grouper (Mero), Raw, Tomatoes, Red, Juice, Lime, Orange, Onions, Chopped, Juice, Lemon, Coriander or Cilantro, Leaf, Dried, Pepper, Jalapeno, Salt, Table, Pepper, Black, Ground

**Contains:** Fish

**Ingredientes:** Grouper (Mero), Raw, Tomatoes, Red, Juice, Lime, Orange, Onions, Chopped, Juice, Lemon, Coriander or Cilantro, Leaf, Dried, Pepper, Jalapeno, Salt, Table, Pepper, Black, Ground

**Contiene:** pescado

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	7g	3% 30g
Dietary Fiber / Fibra Dietética	1g	5% 5g
Total Sugars / Azúcares Totales	3g	14g
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0% 0g
<b>Protein / Proteínas</b>	16g	64g
Calcium / Calcio	50mg	4% 50mg
Potassium / Potasio	600mg	15% 600mg



Lionfish  
(*Pterois volitans*)



## Lionfish Soup - Michael Funk

(4 portions)



- 6-8 ea small lionfish
- 2-3 ea carrots
- 1 ea white onion
- 2 cups / 453 g your favorite green vegetable (okra, collard greens, etc.)
- 1 ea green banana
- Juice of 2 limes
- Salt to taste
- 1 tbsp / 6 g black pepper

- 1 tbsp / 6 g smoked paprika
- 1 tbsp / 15 g minced garlic
- 1 tsp / 6 g each allspice, thyme, clove, nutmeg, basil, cinnamon
- 12 oz / 340 g egg noodles

1. Remove the lionfish fins, spines and head (everything from the abdomen forward). Remove the skin.
2. Put the fish in a large pot with 4 quarts of water. Bring the water to a boil.
3. While the fish are heating up cut the carrots, vegetable, and banana into thin slices and then coarsely dice the onion.
4. When the water has boiled and the fish is cooked, remove the fish and add the carrots, onion, lime juice, garlic and spices.
5. Pick the meat off the fish being careful to remove all the bones.
6. Add the meat and noodles to the pot and let it boil until the carrots, onion and noodles are soft. Serve hot.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

#### Calories / Calorías

**160** per serving / por ración  
**630** per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	4g	5% 16g
Saturated Fat / Grasa Saturada	0.5g	4% 3g
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	40mg	13% 155mg
<b>Sodium / Sodio</b>	300mg	13% 1200mg
Vitamin D / Vitamina D	0mcg	0% 0mcg
Iron / Hierro	1.7mg	10% 1.7mg

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**Ingredients:** Grouper, Raw, BUSH'S Vegetables, Collard Greens, Chopped, Noodles, Egg, Enriched, Cooked, Onions, Banana, Green, Pickled, Puerto Rican Style (Guineos Verdes en Escabeche), Carrots, Juice, Lime, Garlic, Pepper, Black, Ground, Paprika, Salt, Table, Cinnamon, Ground, Nutmeg, Ground, Cloves, Ground, Allspice, Ground, Basil, Ground, Thyme, Ground

**Contains:** Fish, Wheat

**Ingredients:** Grouper, Raw, BUSH'S Vegetables, Collard Greens, Chopped, Noodles, Egg, Enriched, Cooked, Onions, Banana, Green, Pickled, Puerto Rican Style (Guineos Verdes en Escabeche), Carrots, Juice, Lime, Garlic, Pepper, Black, Ground, Paprika, Salt, Table, Cinnamon, Ground, Nutmeg, Ground, Cloves, Ground, Allspice, Ground, Basil, Ground, Thyme, Ground

**Contiene:** pescado, trigo

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	10g	4% 41g
Dietary Fiber / Fibra Dietética	2g	6% 7g
Total Sugars / Azúcares Totales	2g	6% 6g
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0% 0g
<b>Protein / Proteínas</b>	19g	77g
Calcium / Calcio	80mg	6% 80mg
Potassium / Potasio	520mg	10% 520mg

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Lionfish  
(*Pterois volitans*)



## Lionfish Tacos - Wanda Pantojas

(4 portions)



4 ea fillets of Lionfish  
Salt and pepper to taste  
2 ea garlic cloves  
1 tbsp / 15 ml lemon juice  
1½ cup / 187.5g flour  
2 ea eggs beaten (egg wash)  
2 cup / 240 g cornmeal  
1 cup / 200 ml vegetable oil

8 ea flour tortillas (medium size)  
1 ea bunch romaine lettuce  
1 cup / 70 g green cabbage, sliced  
½ cup / 50 g red onion, sliced  
1 tbsp / 6 g poppy seeds, toasted  
2 tbsp / 30 g cilantro mayonnaise

1. Cut the fish filets into strips, approximately 3 inches.
2. Season the fish strips with salt, pepper, garlic and lemon juice.
3. Bread the fish with the standard procedure (flour, egg wash and breadcrumbs or cornmeal).
4. Fry at medium heat until golden brown color. Drain over paper towel.
5. Warm up the tortillas at the grill or griddle.
6. Serve each tortilla with 2 pieces of fish strips, Romano lettuce, red cabbage, and red onion.
7. Sprinkle poppy seeds on top of each tortilla and finish with cilantro mayonnaise.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
4 (113g)

Calories / Calorías

**320** per serving / por ración

**1290** per container / por envase

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**Ingredients:** Grouper (Mero), Raw, Cornmeal, Yellow, Whole Grain, Tortillas, Made With Wheat Flour, Oil, Corn, KING ARTHUR FLOUR Whole Wheat Flour, White, 100% Whole Grain, EGGLAND'S BEST Whole Shell Eggs, Classic, White Egg, Raw, Cabbage, green, raw, Onions, Red, Sliced, Romaine lettuce, raw, Mayonnaise, regular, Juice, Lemon, Seeds, Poppy, Garlic Clove, Salt, Table, Pepper, Black, Ground, Coriander or Cilantro, Leaf, Dried

**Contains:** Eggs, Crustacean Shellfish, Fish, Wheat

**Ingredientes:** Grouper (Mero), Raw, Cornmeal, Yellow, Whole Grain, Tortillas, Made With Wheat Flour, Oil, Corn, KING ARTHUR FLOUR Whole Wheat Flour, White, 100% Whole Grain, EGGLAND'S BEST Whole Shell Eggs, Classic, White Egg, Raw, Cabbage, green, raw, Onions, Red, Sliced, Romaine lettuce, raw, Mayonnaise, regular, Juice, Lemon, Seeds, Poppy, Garlic Clove, Salt, Table, Pepper, Black, Ground, Coriander or Cilantro, Leaf, Dried

**Contiene:** huevos, crustáceos y mariscos, pescado, trigo

	Per serving / Por ración % DV*	Per container / Por envase % DV*
<b>Total Fat / Grasa Total</b>	18g 23%	71g 91%
Saturated Fat / Grasa Saturada	2.5g 12%	10g 48%
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	35mg 11%	135mg 45%
<b>Sodium / Sodio</b>	240mg 11%	980mg 43%
Vitamin D / Vitamina D	0.4mcg 2%	0.4mcg 8%
Iron / Hierro	1.8mg 10%	1.8mg 40%

	Per serving / Por ración % DV*	Per container / Por envase % DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	23g 8%	93g 34%
Dietary Fiber / Fibra Dietética	3g 12%	13g 47%
Total Sugars / Azúcares Totales	1g	3g
Includes Added Sugars / Incluye Azúcares Añadidos	0g 0%	0g 0%
<b>Protein / Proteínas</b>	11g	43g
Calcium / Calcio	40mg 4%	40mg 10%
Potassium / Potasio	240mg 6%	240mg 20%





Lionfish  
(*Pterois volitans*)



## Vanilla-Butter Poached Lionfish with Pumpkin Puree and Local Kale - Cory Magras

(4 portions)



- 8 ea lionfish fillets (cleaned, skinned and deboned)
- 1 ea vanilla bean (cut and scrapped)
- 1 ea small onion (julienne)
- 1 lb / 454 g unsalted butter
- Pinch salt

1. In a heavy bottom small saucepot, melt a pound of butter at a low medium heat. Add thinly julienned onion, a pinch of salt and scrapped vanilla bean. Once

butter melts, place the lionfish fillets in and cover with the onions. Let lightly simmer for 3 - 5 minutes on each side or until fully cooked.

2. Gently remove each fillet from the pot, and place 2 fillets per serving on the plates. Increase the heat to high and sauté the onions for 1-2 minutes. Remove the vanilla bean pods and spoon the onion and vanilla bean mixture over the fillets.

A great accompaniment are:

### Pumpkin Puree

- 2 lb / .9 k pumpkin cleaned and large dice
- 1 gal / 3.70 lt water
- 1 tbsp / 18 g salt
- 4 oz / 113 g butter

1. Boil the pumpkin in salted water until tender. Strain and reserve some of the water.
2. In a blender, puree the cooked pumpkin with the butter. Slowly add some of the water until the desired consistency.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
8 (227g)

Calories / Calorías  
**460** per serving / por ración | **1860** per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	44g 56%	175g 224%
Saturated Fat / Grasa Saturada	25g 124%	99g 496%
Trans Fat / Grasa Trans	1.5g	6g
<b>Cholesterol / Colesterol</b>	125mg 42%	505mg 169%
<b>Sodium / Sodio</b>	480mg 21%	1940mg 84%
Vitamin D / Vitamina D	0mcg 0%	0mcg 0%
Iron / Hierro	1mg 6%	1mg 20%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Grouper (Mero), Raw, Pumpkin, Boiled, Drained, with Salt Added, Butter, Unsalted, Kale, Chopped, Boiled, Drained, Butter, Salted, Onions, Chopped, Oil, Olive, Garlic Clove, Salt, Table, Vanilla Extract, Pepper, Black, Ground  
**Contains:** Fish  
**Ingredients:** Grouper (Mero), Raw, Pumpkin, Boiled, Drained, with Salt Added, Butter, Unsalted, Kale, Chopped, Boiled, Drained, Butter, Salted, Onions, Chopped, Oil, Olive, Garlic Clove, Salt, Table, Vanilla Extract, Pepper, Black, Ground  
**Contiene:** pescado

### Local Kale

1ea bunch of kale, cleaned and chopped

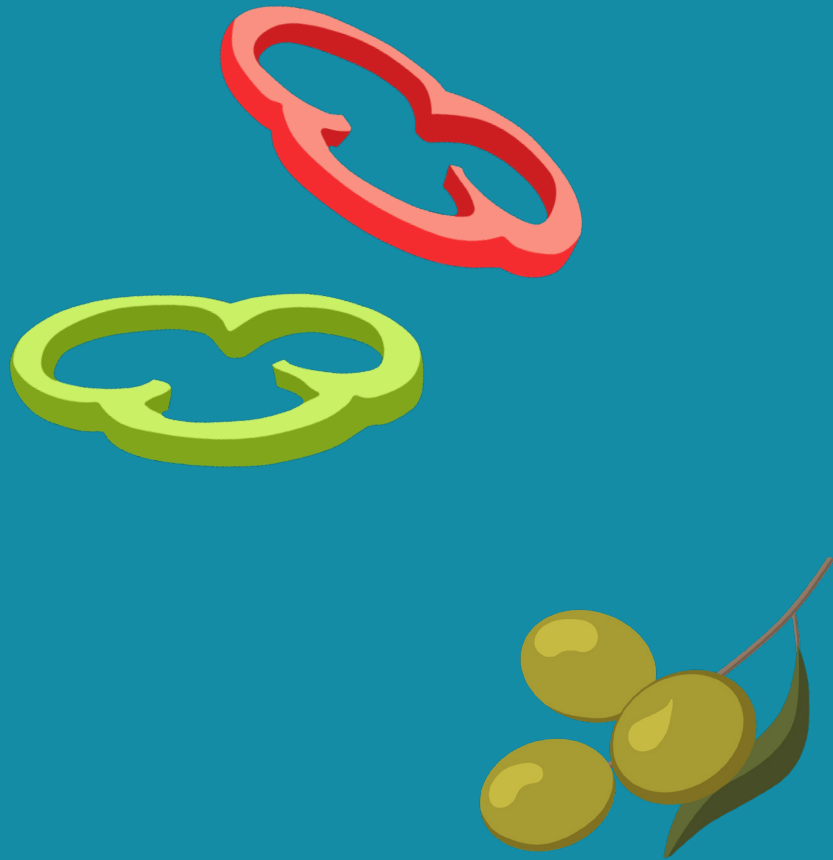
4 ea garlic cloves, shaved

2 fl oz / 59 ml olive oil

1 tsp / 6 g salt

1 tsp / 2 g black pepper, ground

1. Heat the oil in a large sauté pan. Add the garlic for a second and then the kale, season, sauté very briefly and remove from the heat. Serve.





Wahoo  
(*Acanthocybium solandri*)



## Nori Wrapped Wahoo with Local Cucumber Salad and Surinam Cherry Gastrique - Cory Magras

(4 portions)



- 2 lb / 907 g fillet of local wahoo (cleaned and cut into 4 even 8 ounce portions)
- 4 ea sheets of seaweed nori.
- 1 tbsp / 15 ml canola oil
- 2 ea. local cucumber
- ½ tsp / 2.5 ml seasoned rice wine vinegar
- 1 ea red bell pepper
- ½ tbsp / 7.5 ml extra virgin olive oil
- 1 tsp / 5 ml sesame oil
- ½ t sp / 1 g red pepper flakes
- ½ tsp / 3 g salt

1. Wrap each piece of wahoo with half of the nori sheet. To wrap, gently moisten the nori with only your wet fingers, and wrap around the fillet of wahoo.
2. Coat a heavy cast iron skillet with the canola oil. Gently place the wahoo in the skillet and sear on each side for 1 minute each. Remove from the skillet and reserve.
3. Shave the cucumbers thinly, and finely julienne the red pepper. Mix in a bowl with the remaining ingredients.
4. Slice the wahoo into 2 pieces and present on top of the salad. Use the remaining dressing from the salad for the fish. Drizzle the cherry gastrique around the plate.

### Surinam Cherry Gastrique

- 4 oz / 113 g Surinam cherries
- 1 tbsp / 18 g sugar
- 1 tsp / 5 ml honey
- 2 fl oz / 59 ml white vinegar
- Pinch of salt
- 4 fl oz / 118 ml water

1. Simmer until thick, strain and serve.

#### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
8 (227g)

Calories / Calorías  
**310** | **1260**  
per serving / por ración | per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	18g 24%	74g 95%
Saturated Fat / Grasa Saturada	4g 21%	17g 83%
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	65mg 22%	260mg 86%
<b>Sodium / Sodio</b>	920mg 40%	3670mg 160%
Vitamin D / Vitamina D	12.6mcg 60%	12.6mcg 250%
Iron / Hierro	2mg 10%	2mg 45%

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	7g 3%	29g 10%
Dietary Fiber / Fibra Dietética	1g 3%	3g 10%
Total Sugars / Azúcares Totales	4g	17g
Includes Added Sugars / Incluye Azúcares Añadidos	2g 4%	9g 18%
<b>Protein / Proteínas</b>	29g	115g
Calcium / Calcio	50mg 4%	50mg 15%
Potassium / Potasio	730mg 15%	730mg 60%

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Wahoo  
(*Acanthocybium solandri*)



## Wahoo and Blackfin Tuna Carpaccio - Cedric Taquín

(4 portions)



4 oz / 113 g thinly sliced wahoo  
4 oz / 113 g thinly slices black fin tuna  
2 oz / 57 g minced red onion  
2 oz / 57 g minced bell pepper  
1 tsp / 2 g black sesame seeds  
1 tbsp / 15 ml toasted sesame oil  
2 tbsp / 12 g chopped cilantro  
Sliced radishes  
4 fl oz / 120 ml extra virgin olive oil  
Kosher salt, black pepper  
Onion sprouts  
Aged Balsamic vinegar  
Lime wedges for garnishing

1. Chill a large plate.
2. Cut the fish as thin as possible and fan-out on the chilled plate.
3. Top with all the vegetables and garnishes.
4. Add extra virgin olive oil gently to bath the slices. Finish with cilantro, sesame oil, sesames, radishes, sprouts and balsamic drizzle.

### Nutrition Facts / Datos de Nutrición Servings / Raciones: 4, **Serv. size / Tamaño por ración: 2 (57g),**

Amount per serving / Cantidad por ración: **Calories / Calorías 120, Total Fat / Grasa Total** 10g (13% DV\* / % VD\*), Saturated Fat / Grasa Saturada 1.5g (7% DV\* / % VD\*), Trans Fat / Grasa Trans 0g, **Cholesterol / Colesterol** 5mg (1% DV\* / % VD\*), **Sodium / Sodio** 200mg (9% DV\* / % VD\*), **Total Carbohydrate / Carbohidrato Total** 3g (1% DV\* / % VD\*), Dietary Fiber / Fibra Dietética 1g (2% DV\* / % VD\*), Total Sugars / Azúcares Totales 1g (Includes 0g Added Sugars / Incluye 0g Azúcares Añadidos, 0% DV\* / % VD\*), **Protein / Proteínas** 4g, Vitamin D / Vitamina D (0% DV\* / % VD\*), Calcium / Calcio (0% DV\* / % VD\*), Iron / Hierro (0% DV\* / % VD\*), Potassium / Potasio (0% DV\* / % VD\*)

**Ingredients:** Lime, Tuna, Yellowfin or Ahi, Raw, Picúa (Barracuda), Raw, Oil, Olive, Onions, Red, Sliced, Pepper, Bell or Sweet, Green, Onions, Young Green, Tops Only, FLEISCHMANN'S Vinegar, Balsamic, Oil, Sesame, Cilantro, Salt, Table, Radishes, Seeds, Sesame, Whole, Dried, Pepper, Black, Ground

**Contains:** Fish

**Ingredientes:** Lime, Tuna, Yellowfin or Ahi, Raw, Picúa (Barracuda), Raw, Oil, Olive, Onions, Red, Sliced, Pepper, Bell or Sweet, Green, Onions, Young Green, Tops Only, FLEISCHMANN'S Vinegar, Balsamic, Oil, Sesame, Cilantro, Salt, Table, Radishes, Seeds, Sesame, Whole, Dried, Pepper, Black, Ground

**Contiene:** pescado





White grunt  
(*Haemulon plumieri*)



## White Grunt with Nutty Crust - Juan C. Vicéns

(4 portions)



1½ lb / 680 g white grunt fillets skin and boneless (cut in 6oz / 170g portions)

Salt and pepper (optional) to taste

Juice of 1 ea criollo lime

8 oz / 227 g breadcrumbs

½ oz / 14g fresh parsley, chopped

½ oz / 14 g fresh chives, finely sliced

½ oz / 14 g garlic powder

¼ oz / 7 g mustard powder

8 oz / 227 g finely chopped nuts (pecans, walnut, pistachios or almonds)

8 oz / 227 g all-purpose flour seasoned with ½ tsp salt

8 oz / 237 ml milk

4 oz / 119 ml vegetable oil for fan frying

1. Season the fish fillets with salt, pepper and lime juice.
2. Mix breadcrumbs, herbs, spices and nuts in a bowl.
3. Pour milk in second bowl and seasoned flour in a third bowl.
4. Use a heavy bottom pan to the heat oil
5. Toss each piece of fish first in the flour, then in the milk and third in the nut crumb mixture.
6. Carefully sear the fillets for about 3 – 4 minutes on each side, until golden brown.
7. Serve with Apio root pure and Pineapple herb gastrique.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

#### Calories / Calorías

340 per serving / por ración 1360 per container / por envase

	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Fat / Grasa Total</b>	19g	24%	76g	97%
Saturated Fat / Grasa Saturada	6g	31%	25g	125%
Trans Fat / Grasa Trans	0g		1g	
<b>Cholesterol / Colesterol</b>	20mg	7%	80mg	27%
<b>Sodium / Sodio</b>	250mg	11%	1000mg	43%
Vitamin D / Vitamina D	0.3mcg	0%	0.3mcg	6%
Iron / Hierro	2.3mg	15%	2.3mg	50%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Celeriac or Celery Root, Boiled, Drained, Grunt, White (Boquilla), Raw, Milk, whole, KING ARTHUR FLOUR All Purpose Flour, Unbleached, Bread Crumbs, White, Enriched, Wheat Flour Wholemeal, Mixed Nuts, Pineapple, Cream, Whipping, Heavy, Liquid, Butter, Salted, Sugar, White Granulated, Oil, Corn, ROLAND FOODS Rice Wine Vinegar, Plain, Chives, Chopped, Juice, Lime, Juice, Lemon, Ginger Root, Peppermint Leaves, Coriander or Cilantro, Leaf, Dried, Garlic Clove, Garlic Powder, Parsley Leaves, Mustard Powder, Salt, Table, Pepper, Black, Ground

**Contains:** Milk, Fish, Wheat

**Ingredientes:** Celeriac or Celery Root, Boiled, Drained, Grunt, White (Boquilla), Raw, Milk, whole, KING ARTHUR FLOUR All Purpose Flour, Unbleached, Bread Crumbs, White, Enriched, Wheat Flour Wholemeal, Mixed Nuts, Pineapple, Cream, Whipping, Heavy, Liquid, Butter, Salted, Sugar, White Granulated, Oil, Corn, ROLAND FOODS Rice Wine Vinegar, Plain, Chives, Chopped, Juice, Lime, Juice, Lemon, Ginger Root, Peppermint Leaves, Coriander or Cilantro, Leaf, Dried, Garlic Clove, Garlic Powder, Parsley Leaves, Mustard Powder, Salt, Table, Pepper, Black, Ground

**Contiene:** leche, pescado, trigo

	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	27g	10%	109g	39%
Dietary Fiber / Fibra Dietética	2g	6%	7g	25%
Total Sugars / Azúcares Totales	9g		36g	
Includes Added Sugars / Incluye Azúcares Añadidos	6g	11%	23g	45%
<b>Protein / Proteínas</b>	14g		55g	
Calcium / Calcio	100mg	8%	100mg	30%
Potassium / Potasio	300mg	6%	300mg	25%

### Apio Root Pure

1½ lb / 680 g Caribbean celery root “Apio” peeled and diced  
1 gal / 3.8 lt water with salt  
6 ea garlic cloves whole and peeled  
1 oz / 28 g piece of ginger peeled  
6 oz / 177 ml heavy cream  
4 oz / 119 ml whole milk  
4 oz. / 113 g butter  
Pinch freshly grated nutmeg  
Salt to taste

1. Boil the apio in salted water until tender, strain reserve some of the cooking liquid.
2. Mix garlic, ginger, cream, milk and butter in a saucepan, simmer for 15 minutes, strain and reserve. Grate some nutmeg on top. Reserve.
3. Mash the apio using a mixer with the paddle attachment, add some of the simmered mixture while it works, and keep adding in batches until finished. It should be soft, but with body. If necessary, add a little of the cooking liquid to adjust consistency. Try and adjust seasoning. Serve.

### Pineapple Herb Gastrique

4 oz / 113 g sugar  
2 oz / 59 ml rice wine vinegar  
8 oz / 227 g small-diced ripe fresh pineapple  
1 oz / 30 ml lemon juice  
1 oz / 28 g fresh peppermint chopped  
1 oz / 28 g cilantro chopped  
1 oz / 28 g chives finely sliced  
½ oz / 14 g culantro finely sliced

1. Mix sugar and vinegar in a small saucepan, cook on medium hi heat for 4 minutes or until slightly syrupy.
2. Add the diced pineapple and cook for four more minutes.
3. Turn off heat and cool.
4. When cooled add lemon juice and herbs (reserve some for garnish) and season with a little salt. Serve.

### Final Presentation

1. Spoon de pure on half of center of the plate.
2. Serve fish on top.
3. Drizzle the pineapple herb gastrique over the fish and reserved chopped herbs.





White grunt  
(*Haemulon plumieri*)



## Pigeon Peas Stew with Turmeric and White Grunt Fish Fillets - Wanda Pantojas (4 portions)



4 ea grunt fillets  
2 tbsp / 30 ml lemon juice  
Salt and pepper to taste  
6 oz / 180 ml olive oil  
16 oz / 568 ml fish broth  
½ cup / 90 g local seasoning (sofrito)  
½ ea onion, diced  
1 cup / 180 g tomatoes, chopped

1 lb / 454 g pigeon peas  
1 tbsp / 15 g turmeric  
1 tsp / 10 g cumin  
1 ea laurel leaf  
2 tsp / 8 g salt

### Method:

1. Season each White grunt fillets with lemon juice, salt and pepper and 1 oz (30 ml) of olive oil.
2. Heat a medium deep pan, sweat the fillets, add fish broth, cover and cook for 8 minutes. Keep aside.
3. In a separate pan add 2 ounces of olive oil (60 ml), sauté the local seasoning (sofrito), onion and chopped tomatoes approximately 3 minutes.
4. Stir in the pigeon peas, turmeric, cumin, laurel leaf and salt, cook few minutes.
5. Serve the White Grunt fillets on a bed of warm pigeon peas stew.
6. Serve with fried ripe plantain or fried breadfruit (tostones).

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

Calories / Calorías  
**240**  
per serving / por ración

**940**  
per container / por envase

	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Fat / Grasa Total</b>	15g	<b>19%</b>	60g	<b>77%</b>
Saturated Fat / Grasa Saturada	2.5g	<b>11%</b>	9g	<b>46%</b>
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	0mg	<b>0%</b>	5mg	<b>2%</b>
<b>Sodium / Sodio</b>	630mg	<b>27%</b>	2530mg	<b>110%</b>
Vitamin D / Vitamina D	0mcg	0%	0mcg	0%
Iron / Hierro	0.9mg	6%	0.9mg	20%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Grunt, White (Boquilla), Raw, Soup, Fish Broth, Peas, Pigeon or Red Gram, Boiled, Tomatoes, Raw, Oil, Olive, Sauce, Sofrito, Onions, Chopped, Juice, Lemon, Salt, Table, Turmeric, Ground, Cumin, Ground, Pepper, Black, Ground, Bay Leaf

**Contains:** Fish

**Ingredientes:** Grunt, White (Boquilla), Raw, Soup, Fish Broth, Peas, Pigeon or Red Gram, Boiled, Tomatoes, Raw, Oil, Olive, Sauce, Sofrito, Onions, Chopped, Juice, Lemon, Salt, Table, Turmeric, Ground, Cumin, Ground, Pepper, Black, Ground, Bay Leaf

**Contiene:** pescado

	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	10g	<b>4%</b>	39g	<b>14%</b>
Dietary Fiber / Fibra Dietética	3g	<b>10%</b>	11g	<b>40%</b>
Total Sugars / Azúcares Totales	1g		6g	
Includes Added Sugars / Incluye Azúcares Añadidos	0g	<b>0%</b>	0g	<b>0%</b>
<b>Protein / Proteínas</b>	14g		55g	
Calcium / Calcio	30mg	2%	30mg	10%
Potassium / Potasio	280mg	6%	280mg	25%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.



White grunt  
(*Haemulon plumieri*)



## White Grunt Fish Balls - Nicole Greaux

(4 portions)



3 lb / 1.36 kg grunt, scaled  
and cleaned  
3 ea garlic cloves  
1½ tsp / 6 g all-purpose  
seasoning  
½ tsp / 1 g smoked paprika  
10 oz / 283 g panko

1. Fry grunt in hot cooking  
oil, about 4 minutes on  
each side.

2. Put aside to drain off

excess oil and blot with paper towel.

3. Flake fish meat off all grunts into bowl (no bones).

4. Add garlic, all-purpose seasoning, and smoked paprika.  
Mix well, let sit for 10 minutes. Make into balls of  
desired size.

6. Heat cooking oil to hot.

7. Place panko in soup bowl or a tray and coat fish balls  
thoroughly.

8. Place coated fish balls gently into oil and fry to golden  
brown. Eat with dipping sauce of your choice Spicy  
mango chutney is mine.

### Spicy mango chutney

1 lb / 453 g mango semi-ripe, grated

4 oz / 113 g white sugar

4 oz / 113 g dark brown sugar

2 tbsp / 30 ml water

2 oz / 57 g ginger, grated

2 ea garlic cloves minced

2 ea red chilies fresh, sliced

1 tbsp / 6 g red chili flakes hot or sweet

3ea cinnamon stick

1 ea star anise

2 ea cardamom pods

3 ea cloves

2 tbsp / 30 ml white vinegar

¼ tsp / 1.25 g salt

1. Combine all ingredient in a saucepan and  
cook on medium-low for 25 to 30 minutes.

2. The sugar will melt and become thick and  
syrupy at first, then the mixture will reduce  
to almost half.

3. Remove from heat and remove the whole  
spices. Let cool in the pan for 10 minutes  
and store in jars. Refrigerate until use.

### Nutrition Facts / Datos de Nutrición

Servings / Raciones: 4, **Serv. size / Tamaño por ración: 8 oz. (227g),**

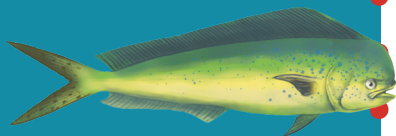
Amount per serving / Cantidad por ración: **Calories / Calorías 340, Total Fat / Grasa Total 1g** (1% DV\* / % VD\*), Saturated Fat / Grasa Saturada 0g (0% DV\* / % VD\*), Trans Fat / Grasa Trans 0g, **Cholesterol / Colesterol 0mg** (0% DV\* / % VD\*), **Sodium / Sodio 730mg** (32% DV\* / % VD\*), **Total Carbohydrate / Carbohidrato Total 21g** (8% DV\* / % VD\*), Dietary Fiber / Fibra Dietética 1g (2% DV\* / % VD\*), Total Sugars / Azúcares Totales 23g (Includes 0g Added Sugars / Incluye 0g Azúcares Añadidos, 0% DV\* / % VD\*), **Protein / Proteínas 32g**, Vitamin D / Vitamina D (0% DV\* / % VD\*), Calcium / Calcio (0% DV\* / % VD\*), Iron / Hierro (6% DV\* / % VD\*), Potassium / Potasio (0% DV\* / % VD\*)

**Ingredients:** Grunt, White (Boquilla), Raw, Chutney, Mango, Sweet, DYNASTY Bread Crumbs, Panko, Japanese Style, Garlic Clove, FRONTIER COOP Seasoning Blend, All Purpose, Paprika

**Contains:** Fish, Wheat

**Ingredientes:** Grunt, White (Boquilla), Raw, Chutney, Mango, Sweet, DYNASTY Bread Crumbs, Panko, Japanese Style, Garlic Clove, FRONTIER COOP Seasoning Blend, All Purpose, Paprika

**Contiene:** pescado, trigo



Dolphinfish/mahi-mahi  
(*Coryphaena hippurus*)



## Fresh Herb Roasted Mahi-Mahi and Fruit Salsa - Cory Magras

(4 portions)



- 4 ea 7 oz / 198 g portions of fresh mahi-mahi  
(Typically bull mahi-mahi are larger with better portions, chicken mahi-mahi are smaller with very thin portions)
- ½ ea bunch scallions (root ends trimmed off)
- 4 ea sprigs thyme (stems removed)
- 1 fl oz / 30 ml white vinegar
- 1 ea garlic clove (crushed)
- 1 fl oz / 30 ml olive oil
- 1 tsp / 2 g pepper flakes

- 1 tbsp / 15 ml honey
- 1 tsp / 6 g sugar
- 1 tbsp / 18 g salt

1. In a blender, place the scallions, thyme, garlic, pepper, salt, sugar, and white vinegar. Blend until smooth. Slowly add the olive oil to form an emulsion.
2. Pour over the mahi-mahi portions and let it marinate for at least 1 hour.
3. In a 450 °F / 232 °C oven, place the mahi-mahi portions on a lined roasted pan, with marinade covering the fish. Roast for 10 to 15 minutes or until the fish is firm to the touch. Serve with fruit salsa.

### Fruit Salsa

- ½ ea green bell pepper (diced)
- ½ ea ripe mango medium size (peeled and diced)
- ½ ea ripe papaya small size (peeled, seeded and diced)
- ½ ea red onion small size (diced)
- ½ ea lemon (juice)
- 1 fl oz / 30 ml olive oil
- Salt and Pepper

1. Combine all ingredients in a mixing bowl and refrigerate.
2. Spoon cold salsa over the roasted fish at the time of serving.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
7 (198g)

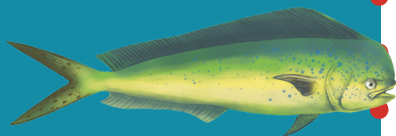
Calories / Calorías  
**200**  
per serving / por ración

**820**  
per container / por envase

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Fat / Grasa Total</b>	5g	7%	21g	27%
Saturated Fat / Grasa Saturada	1g	5%	3.5g	18%
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	115mg	38%	455mg	151%
<b>Sodium / Sodio</b>	1550mg	67%	6200mg	270%
Vitamin D / Vitamina D	1.7mcg	8%	1.7mcg	35%
Iron / Hierro	2mg	10%	2mg	45%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	9g	3%	37g	13%
Dietary Fiber / Fibra Dietética	1g	4%	4g	15%
Total Sugars / Azúcares Totales	7g		28g	
Includes Added Sugars / Incluye Azúcares Añadidos	1g	1%	3g	5%
<b>Protein / Proteínas</b>	29g		116g	
Calcium / Calcio	40mg	4%	40mg	10%
Potassium / Potasio	750mg	15%	750mg	60%



Dolphinfish/mahi-mahi  
(*Coryphaena hippurus*)



## Air Fry Mahi with Mabí Soy Glaze - Juan C. Vicéns

(4 portions)



4 ea – 6 oz / 170 g mahi-mahi fillets  
portions

### Marinade

8 oz / 237 ml mabí bark refreshment  
(can substitute with apple cider)  
2 oz / 60 ml rice wine vinegar  
4 oz / 120 ml soy sauce  
.5 oz / 15 g fresh ginger, grated  
1 oz / 28 g garlic, minced  
1 oz / 30 ml lime or lemon juice  
2 ea cilantro (recao) leaves, chopped  
2 oz / 60 ml honey

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

Calories / Calorías

250

990

per serving / por ración

per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	8g	11% 33g
Saturated Fat / Grasa Saturada	4g	19% 16g
Trans Fat / Grasa Trans	0g	1g
<b>Cholesterol / Colesterol</b>	65mg	21% 255mg
<b>Sodium / Sodio</b>	910mg	39% 3630mg
Vitamin D / Vitamina D	0.1mcg	0% 0.1mcg
Iron / Hierro	1.6mg	8% 1.6mg
		35%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Root, Taro or Dasheen, Boiled, Mahi Mahi, Dolphinfish or Dorado, Cooked, Dry Heat, Drink, Apple Cider, Fermented, Sauce, Soy, Honey, ROLAND FOODS Rice Wine Vinegar, Seasoned, Garlic Clove, Cream, Whipping, Heavy, Liquid, Butter, Salted, Juice, Lemon, Oil, Olive, Ginger Root, Coriander or Cilantro, Leaf, Dried, Nutmeg, Ground

**Contains:** Soy, Milk, Fish

**Ingredientes:** Root, Taro or Dasheen, Boiled, Mahi Mahi, Dolphinfish or Dorado, Cooked, Dry Heat, Drink, Apple Cider, Fermented, Sauce, Soy, Honey, ROLAND FOODS Rice Wine Vinegar, Seasoned, Garlic Clove, Cream, Whipping, Heavy, Liquid, Butter, Salted, Juice, Lemon, Oil, Olive, Ginger Root, Coriander or Cilantro, Leaf, Dried, Nutmeg, Ground

**Contiene:** soja, leche, pescado

1. In a bowl, mix well all the marinade ingredients.
2. In another bowl, put the fish fillets and pour 1/3 of the marinade. Cover and let rest for 30-45 minutes.
3. In a small saucepan reduce the saved marinade until thick and set aside.
4. Place fish fillets separated on the air fryer tray.
5. Cook the fish at 380 °F for 6 minutes.
6. Brush fillets with thickened sauce and cook at 400 °F for 4 minutes.
7. Brush with additional sauce and served with taro puree.

### Taro Puree

1.5 lb / 680 g taro root peeled  
1 qt / .94 lt water salted  
1 oz / 30 ml extra virgin olive oil  
2 oz / 57 g butter  
2 oz / 60 ml heavy cream  
Pinch nutmeg  
Salt to taste

1. Cook the taro in boiling salted water until tender.
2. Drain the taro into a bowl.
3. Mash while adding the rest of the ingredients (can use the mixer with the paddle attachment).
4. Keep warm hot until served.

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	28g	10% 113g
Dietary Fiber / Fibra Dietética	3g	11% 12g
<b>Total Sugars / Azúcares Totales</b>	7g	29g
Includes Added Sugars / Incluye Azúcares Añadidos	6g	11% 22g
<b>Protein / Proteínas</b>	14g	55g
Calcium / Calcio	40mg	4% 40mg
Potassium / Potasio	620mg	15% 620mg
		50%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.





**Kingfish**  
(*Scomberomorus caballa*)



## Kingfish Stew in Curry - Wanda Pantojas

(4 portions)



8 ea slices of kingfish  
Juice of 2 ea lemons  
½ cup / 100 ml olive oil  
1 cup / 120 g flour  
2 tbsp / 30 ml olive oil  
8 oz / 233 ml coconut milk  
1 tbsp / 9 g curry powder  
Salt and pepper to taste  
1 cup / 211 g tomatoes, diced

½ cup / 50 g red bell peppers, medium diced  
1 tbsp / 15 ml vinegar  
¼ cup / 25 g cilantro

### Method:

1. Season the fish with salt, pepper and lemon juice.
2. Bread the fish lightly, shake off.
3. Heat the fish in a saucepan for 3 minutes each side. Set aside.
4. Using the pan, add the coconut milk and curry powder. Cook on medium heat. Season with salt and pepper.
5. Stir in the fish fillets, tomatoes, red bell peppers and vinegar. Cook for 3 more minutes to concentrate the flavors.
6. Cook until the sauce thickens. Cover the fillets with sauce and finish with cilantro.
7. Adjust the taste with salt and pepper.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

Calories / Calorías

**340** **1370**

per serving / por ración per container / por envase

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Fat / Grasa Total</b>	23g	<b>30%</b>	92g	<b>118%</b>
Saturated Fat / Grasa Saturada	7g	<b>37%</b>	30g	<b>149%</b>
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	55mg	<b>18%</b>	220mg	<b>74%</b>
<b>Sodium / Sodio</b>	250mg	<b>11%</b>	980mg	<b>43%</b>
Vitamin D / Vitamina D	0mcg	0%	0mcg	0%
Iron / Hierro	2.9mg	15%	2.9mg	60%

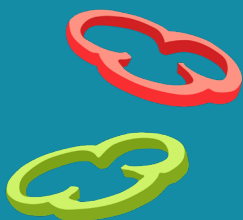
\*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	4g	<b>2%</b>	18g	<b>6%</b>
Dietary Fiber / Fibra Dietética	1g	<b>5%</b>	6g	<b>20%</b>
Total Sugars / Azúcares Totales	2g		10g	
Includes Added Sugars / Incluye Azúcares Añadidos	0g	<b>0%</b>	0g	<b>0%</b>
<b>Protein / Proteínas</b>	18g		71g	
Calcium / Calcio	40mg	4%	40mg	15%
Potassium / Potasio	280mg	6%	280mg	25%





Kingfish  
(*Scomberomorus caballa*)



## Kingfish Medallions with Garlic-Cream Sauce - Cedric Taquín

(4 portions)



4 – 8 oz. / 4 – 227 g Kingfish medallions.  
Salt and pepper to taste  
3 tbsp / 45 g fresh, minced garlic  
2 fl oz / 60 ml white wine  
4 fl oz / 120 ml heavy cream  
3 tbsp / 45 g fresh grated parmesan cheese  
3tbsp / 18 g chopped parsley  
Veg. Oil for sautéing.

### Procedure:

1. Season fish medallions and set aside.
2. Warm a non-stick pan. Add oil for sautéing.
3. Sauté fish on medium heat and flip after a few minutes, remove when golden on both sides and done- time will vary on thickness of medallions.
4. While the pan is still hot, add a little oil if necessary, add the minced garlic, sweat, do not burn nor brown, deglaze with white wine as soon as the garlic sweats, flame the wine to remove excess alcohol, swirl and reduce on low heat until almost dry.
5. Add heavy cream, reduce on low heat by half, add parmesan, continue to warm on low heat and stir until sauce thickens. Finish with parsley.
6. Taste and adjust seasoning, be gentle with the salt, normally the parmesan cheese is salty enough for this preparation.

### Nutrition Facts / Datos de Nutrición

Servings / Raciones: 4, **Serv. size / Tamaño por ración: 8 oz. (227g),**  
Amount per serving / Cantidad por ración: **Calories / Calorías 500, Total Fat / Grasa Total** 36g (47% DV\* / % VD\*), Saturated Fat / Grasa Saturada 12g (58% DV\* / % VD\*), Trans Fat / Grasa Trans 0g, **Cholesterol / Colesterol** 155mg (51% DV\* / % VD\*), **Sodium / Sodio** 190mg (8% DV\* / % VD\*), **Total Carbohydrate / Carbohidrato Total** 3g (1% DV\* / % VD\*), Dietary Fiber / Fibra Dietética 0g (0% DV\* / % VD\*), Total Sugars / Azúcares Totales 1g (Includes 0g Added Sugars / Incluye 0g Azúcares Añadidos, 0% DV\* / % VD\*), **Protein / Proteínas** 35g, Vitamin D / Vitamina D (150% DV\* / % VD\*), Calcium / Calcio (4% DV\* / % VD\*), Iron / Hierro (20% DV\* / % VD\*), Potassium / Potasio (15% DV\* / % VD\*)

**Ingredients:** Mackerel, Atlantic or Boston, Raw, Cream, Whipping, Heavy, Liquid, Wine, White, Garlic Clove, Oil, Corn, Parsley, Chopped, Cheese, Parmesan, Grated

**Contains:** Milk, Fish

**Ingredients:** Mackerel, Atlantic or Boston, Raw, Cream, Whipping, Heavy, Liquid, Wine, White, Garlic Clove, Oil, Corn, Parsley, Chopped, Cheese, Parmesan, Grated

**Contiene:** leche, pescado



Porgy  
(*Calamus pennatula*)



## Mojito Infused Porgy Fish Fingers / Fried Yams and Guava Pique Sauce

- Juan C. Vicéns

(4 portions)



12 ea porgy filets about 2 oz / 57 g each,  
cleaned, deboned, skin on  
1 tbsp / 6 g fresh peppermint, chopped  
1 tbsp / 6 g lime zest  
1 tbsp / 6 g garlic powder  
Pinch of cumin  
Salt to taste  
8 oz / 227 g all-purpose flour  
2 oz / 57 g cornstarch  
Oil for frying

1. Season the fish with mint, lime zest, spices and salt to taste.
2. In a bowl, add flour, cornstarch and season to taste.
3. Dredge the fish in the flour mix, pat excess and fry in hot oil until golden.
4. Remove to paper towel lined plate.
5. Serve hot with fried yams and guava pique sauce.

### Guava Pique Sauce

8 oz / 227 g guava paste  
1.5 oz / 90 ml red wine vinegar  
6 oz / 177 ml water  
.5 oz / 14 g garlic chopped  
.5 oz / 15 ml shiracha or any other hot sauce

1. Simmer all the ingredients stirring occasionally until melted and well mixed.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
2 (85g)  
Calories / Calorías  
200 per serving / por ración 810 per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	7g	9% 28g
Saturated Fat / Grasa Saturada	1g	6% 5g
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	45mg	14% 175mg
<b>Sodium / Sodio</b>	210mg	9% 830mg
Vitamin D / Vitamina D	0.7mcg	4% 0.7mcg
Iron / Hierro	0.8mg	4% 0.8mg

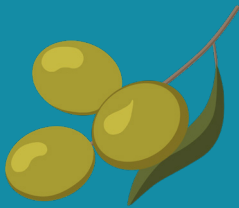
\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	24g	9% 96g
Dietary Fiber / Fibra Dietética	1g	3% 3g
Total Sugars / Azúcares Totales	14g	55g
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0% 0g
<b>Protein / Proteínas</b>	11g	43g
Calcium / Calcio	40mg	4% 40mg
Potassium / Potasio	190mg	4% 190mg

**Ingredients:** Porgy, Breaded or Floured, Fried, Guava paste, Cornstarch, FLEISCHMANN'S Vinegar, Red Wine, Garlic Clove, Garlic Powder, ORTEGA Sauce, Picante, Hot, Lemon Peel or Zest, Peppermint Leaves, Cumin, Ground  
**May contains:** Fish, Wheat  
**Ingredientes:** Porgy, Breaded or Floured, Fried, Guava paste, Cornstarch, FLEISCHMANN'S Vinegar, Red Wine, Garlic Clove, Garlic Powder, ORTEGA Sauce, Picante, Hot, Lemon Peel or Zest, Peppermint Leaves, Cumin, Ground  
**Puede contener:** pescado, trigo



Porgy  
(*Calamus pennatula*)



## Whole Pluma (Porgy) Deep in Batter with Ripe Plantain Chutney - Wanda Pantojas

(4 portions)



- 4 ea whole plumas cleaned
- Salt and pepper to taste
- 1 ea prepared mix to make bacalaítos (stamp and go)
- 1 cup / 400 ml olive oil

### Method:

- Season the fish with salt and pepper.
- Prepared the bacalaítos mix, (stamp and go) follow the instructions.
- Dip the whole fish into the batter, fry for 5 minutes at medium heat
- Serve the fish with chutney sauce on top.

### Chutney

- 1 ea ripe plantain, medium diced
- 2 tbsp / 27 g olive oil
- 4 ea sweet scotch bonnet peppers
- 2 ea garlic cloves, mashed
- 1 tbsp / 10 g fresh ginger
- 8 oz / 250 g brown sugar
- 8 oz / 250 ml apple cider vinegar
- ½ cup / 200 ml water
- 2 tsp / 18 g cinnamon
- ½ tsp / 4 g salt
- 1 oz / 30 ml lemon juice
- Red pepper flakes (optional)

### Method:

- Cut the plantain in cubes, sauté in olive oil but do not cook full.
- Combine the plantain, peppers, garlic, sugar, vinegar in a heavy saucepan. Cook until the sugar dissolves.
- Stir in water, ginger, cinnamon, salt, lemon juice and pepper flakes.
- Adjust seasonings with vinegar or sugar. Cook until thicken.
- Remove from the heat and cool uncovered.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

Calories / Calorías  
**440**  
per serving / por ración  
**1770**  
per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	25g 32%	101g 129%
Saturated Fat / Grasa Saturada	3.5g 18%	14g 70%
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	65mg 22%	260mg 86%
<b>Sodium / Sodio</b>	550mg 24%	2190mg 95%
Vitamin D / Vitamina D	1.1mcg 6%	1.1mcg 25%
Iron / Hierro	1.7mg 10%	1.7mg 35%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Porgy, Breaded or Floured, Fried, Fritter, Codfish, Puerto Rican Style (Bacalaítos fritos), ROLAND FOODS Apple Cider Vinegar, Sugar, Brown, Plantain, Ripe, Fried In Oil, Oil, Corn, Sweet Pepper Red, Juice, Lemon, Oil, Olive, Salt, Table, Ginger Root, Garlic Clove, Cinnamon, Ground, FRONTIER COOP Spices, Chili Pepper, Red, Flakes, Organic, Pepper, Black, Ground

**Contains:** Fish, Wheat

**Ingredients:** Porgy, Breaded or Floured, Fried, Fritter, Codfish, Puerto Rican Style (Bacalaítos fritos), ROLAND FOODS Apple Cider Vinegar, Sugar, Brown, Plantain, Ripe, Fried In Oil, Oil, Corn, Sweet Pepper Red, Juice, Lemon, Oil, Olive, Salt, Table, Ginger Root, Garlic Clove, Cinnamon, Ground, FRONTIER COOP Spices, Chili Pepper, Red, Flakes, Organic, Pepper, Black, Ground

**Contiene:** pescado, trigo

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	27g 10%	108g 39%
Dietary Fiber / Fibra Dietética	1g 3%	4g 13%
<b>Total Sugars / Azúcares Totales</b>	15g	59g
Includes Added Sugars / Incluye Azúcares Añadidos	13g 26%	51g 102%
<b>Protein / Proteínas</b>	21g	84g
Calcium / Calcio	80mg 6%	80mg 25%
Potassium / Potasio	420mg 8%	420mg 35%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.



Porgy  
(*Calamus pennatula*)



## Porgy with Pigeon Peas and Coconut Milk - Nicole Greaux

(4 portions)



2 ea large porgy cleaned,  
scaled and fin clipped.  
Head attached optional,  
scored twice on each side.

### Seasoning

3 tbsp / 18 g fresh oregano,  
minced  
3 tbsp / 18 g fresh thyme  
leaves

5 ea large garlic cloves, minced (or put through garlic press)  
4-6 large leaves of culantro (shado beni) finely chopped  
½ tsp / 3 g salt

1. Pound all ingredients together in mortar/or use food processor.
2. Rub paste on both sides of fish making sure to get some in the cuts. Put seasoned fish aside.

### Cooking

1 ea small onion, sliced in rounds  
8 oz / 227 g pigeon peas, cooked  
4 oz / 118 ml coconut milk  
2 oz / 59 ml water  
3 tbsp / 45 g butter

1 ea whole hot pepper (scotch bonnet, local)  
or 2ea seasoning peppers.

1. In a pot large enough to hold both fish laying flat (saute pan is what I use) put 4 tbsp of butter on low heat.
2. Make a layer of onions rounds over the melted butter on bottom of pan.
3. When butter starts to bubble, lay fish in pan, side-by-side. Turn heat up to medium, cook fish for 5 minutes and then flip over.
6. Carefully add whole scotch bonnet pepper or seasoned pepper between the fish filets, add pigeon peas and cook covered for 5 minutes.
7. Add water and coconut milk. Cover and lower heat, once again bring to a simmer 8 minutes.
8. Uncover pan gently flip fish over.
9. Turn up heat to medium for 3 minutes and then turn off heat. Very carefully remove hot pepper and serve with side of your choice.

### Nutrition Facts / Datos de Nutrición Servings / Raciones: 4, Serv. size / Tamaño por ración: 8 oz. (227g),

Amount per serving / Cantidad por ración: **Calories / Calorías 260**, **Total Fat / Grasa Total** 12g (15% DV\* / % VD\*), Saturated Fat / Grasa Saturada 7g (35% DV\* / % VD\*), Trans Fat / Grasa Trans 0g, **Cholesterol / Colesterol** 75mg (24% DV\* / % VD\*), **Sodium / Sodio** 240mg (11% DV\* / % VD\*), **Total Carbohydrate / Carbohidrato Total** 12g (4% DV\* / % VD\*), Dietary Fiber / Fibra Dietética 3g (11% DV\* / % VD\*), Total Sugars / Azúcares Totales 3g (Includes 0g Added Sugars / Incluye 0g Azúcares Añadidos, 0% DV\* / % VD\*), **Protein / Proteínas** 25g, Vitamin D / Vitamina D (6% DV\* / % VD\*), Calcium / Calcio (8% DV\* / % VD\*), Iron / Hierro (10% DV\* / % VD\*), Potassium / Potasio (15% DV\* / % VD\*)

**Ingredients:** Porgy, Raw, Onions, Sweet, Raw, Peas, Pigeon or Red Gram, Boiled, Milk, Coconut, Coriander or Cilantro, Leaves (Duan Ketumbar/Yuen-sai), Butter, Salted, Oregano, Fresh, Garlic Clove, Thyme, Fresh, Salt, Table

**Contains:** Fish

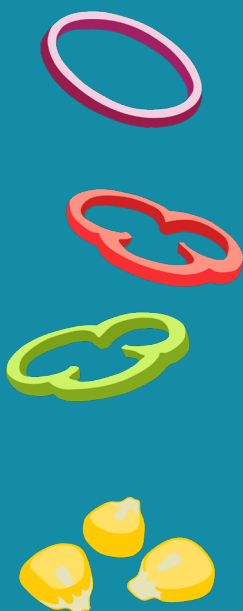
**Ingredientes:** Porgy, Raw, Onions, Sweet, Raw, Peas, Pigeon or Red Gram, Boiled, Milk, Coconut, Coriander or Cilantro, Leaves (Duan Ketumbar/Yuen-sai), Butter, Salted, Oregano, Fresh, Garlic Clove, Thyme, Fresh, Salt, Table

**Contiene:** pescado





Queen triggerfish  
(*Balistes vetula*)



## Cajun Triggerfish with Dijon Potato Salad and Zesty Cabbage Slaw - Cory Magras (4 portions)



2 ea whole triggerfish  
(cleaned, filleted and deboned)  
4 fl oz / 118 ml buttermilk  
1 tsp / 2 g Old Bay Seasoning  
½ tsp / 1 g garlic powder  
½ tsp / 3 g salt  
Pinch cayenne pepper  
4 oz / 113 g all-purpose flour  
2 oz / 57 g cornstarch  
16 fl oz / 473 ml canola oil

1. Combine seasonings and buttermilk in a bowl and reserve. Place the 4 fillets of trigger fish in the buttermilk mixture to cover the fillets and refrigerate overnight.
2. Place the oil in a heavy bottom pot and heat on a high heat to 350° F / 177° C.
3. Mix the flour and corn starch. Coat the fillets with the flour mixture to absorb the buttermilk and place in the hot oil for 4 minutes on each side or until golden brown.

### Dijon Potato Salad

6 ea large red bliss potatoes (oil, salt and pepper) roasted until soft.  
3 ea local seasoned peppers (roasted and chopped)  
1 tbsp / 15 ml Dijon mustard  
4 tbsp / 60 ml mayonnaise  
1 tbsp scallions (chopped)  
1 tsp / 2 g black pepper

1. Combine all ingredients GENTLY!

### Zesty Cabbage Slaw

½ head of purple cabbage (shaved thin)  
1 ea bulb of fennel (shaved thin)  
2 tbsp / 36 g sugar  
2 fl oz / 57 ml white balsamic vinegar  
2 fl oz / 57 ml extra virgin olive oil  
1 tsp / 6 g salt  
1 tsp / 2 g black pepper  
1 tsp / 2 g fennel pollen

1. Combine all ingredients GENTLY!

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
**Serving size / Tamaño por ración**  
**8 (170g)**  
**Calories / Calorías**  
**310** per serving / por ración  
**1230** per container / por envase

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Fat / Grasa Total</b>	22g	28%	87g	111%
Saturated Fat / Grasa Saturada	2g	10%	8g	41%
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	20mg	7%	80mg	27%
<b>Sodium / Sodio</b>	240mg	10%	960mg	42%
Vitamin D / Vitamina D	0.1mcg	0%	0.1mcg	0%
Iron / Hierro	1mg	6%	1mg	25%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Fish, Cod, Pacific, Untreated, Raw, Potatoes, Red, Flesh and Skin, Baked, Oil, Corn and Canola, Cabbage, Red, Shredded, Pepper, Bell or Sweet, Red, Fennel Bulb, Milk, Buttermilk, Fluid, Whole, Flour, All Purpose Wheat, White, Bleached, Enriched, Potatoes, Red, Flesh and Skin, Vinegar, Balsamic, Composite-Fish, Fresh or Frozen, Cooked, Cornstarch, Mayonnaise, Regular, Sugar, White Granulated, Mustard, Yellow, Salt, Table, Oil, Olive, Onions, Scallion or Spring Green, Pepper, Black, Ground, Seasoning Mix, Dry, Original, Chili, Fennel Seeds, Garlic Powder, Pepper, Red or Cayenne, Ground

**Contains:** Milk, Fish, Wheat

**Ingredientes:** Fish, Cod, Pacific, Untreated, Raw, Potatoes, Red, Flesh and Skin, Baked, Oil, Corn and Canola, Cabbage, Red, Shredded, Pepper, Bell or Sweet, Red, Fennel Bulb, Milk, Buttermilk, Fluid, Whole, Flour, All Purpose Wheat, White, Bleached, Enriched, Potatoes, Red, Flesh and Skin, Vinegar, Balsamic, Composite-Fish, Fresh or Frozen, Cooked, Cornstarch, Mayonnaise, Regular, Sugar, White Granulated, Mustard, Yellow, Salt, Table, Oil, Olive, Onions, Scallion or Spring Green, Pepper, Black, Ground, Seasoning Mix, Dry, Original, Chili, Fennel Seeds, Garlic Powder, Pepper, Red or Cayenne, Ground

**Contiene:** leche, pescado, trigo





Queen triggerfish  
(*Balistes vetula*)



## Grey Triggerfish Criollo Stew for *Arepas* - Cedric Taquín

(4 portions)



2 lb / 907 g fresh triggerfish fillets (cleaned and carefully deboned)  
2 garlic cloves  
4 oz / 120 g sofrito (recipe below)  
4 fl oz / 120 ml Spanish style tomato sauce  
Salt and pepper to taste  
3 oz / 85 g julienne onion  
3 oz / 85 g julienne red pepper  
2 oz / 57 g fresh chopped cilantro  
3 tbsp / 45 g minced Spanish olives  
Extra virgin olive oil  
4 fl oz / 120 ml white wine  
1 tsp annatto paste or powder.

### Procedure:

1. Make sure fish does not have any pin-bones, cut in small rough pieces.
2. In a large saucepan, warm olive oil. Add onions, peppers, garlic, sofrito, olives, achiote and sweat on medium heat until tender. Add white wine and deglaze pan, reduce a few minutes to dry. Add tomato sauce, and mix well, lower heat.
3. Cook gently for about 5 minutes watching it doesn't stick or burn to the pan. Add a little water or more wine if necessary. Consistency must be moist to add the fish and continue cooking.
4. Add fish to the prepared criollo sauce, cook on low heat, mixing and shredding fish as it cooks. When the fish is cooked and shredded, finish with cilantro and a splash of more extra virgin olive oil. Adjust seasoning.
5. Serve Criollo fish stew with Arepas.

Note – Filling is also good to stuff empanadillas and alcapurritas.

### Sofrito

6 oz / 170 g onion  
4 oz / 113 g cubanelle peppers  
2 oz / 57 g garlic cloves  
2 oz / 57 g sweet chili peppers (ají dulce)  
2 oz / 57 g cilantro  
2 oz / 57 g cilantro (recao)

In a food processor, work it until finely chopped.



Redtail parrotfish  
(*Sparisoma chrysoternum*)



## Fried Parrotfish with Crucian Vinegar Sauce - Carlos Farchette

(4 portions)



4 – 8oz / 227 g filets of parrotfish

Salt and pepper to taste

Oil for frying 350° F / 177° C

- Season to taste.
- Fry the fillets in hot oil, around 3 minutes on each side or until cooked.
- Dredge on paper towel to eliminate excess oil and serve hot with Crucian vinegar sauce.

### Crucian Vinegar Sauce (4 portions)

- 2 tbsp / 30 ml olive oil
- 1 ea medium size onion
- 1 ea celery stalk
- 2 ea parsley sprigs
- 4 ea Puerto Rican sweet peppers
- 3e a cloves garlic
- ½ ea green and red bell pepper
- Salt and pepper to taste
- ¼ tsp / .5 g thyme leaves
- ¼ tsp / .5 g oregano leaves
- 1 ea sliver scotch bonnet pepper or other hot pepper
- 1 tbsp / 15 ml white vinegar
- 4 oz / 118 ml tomato sauce or 2 oz / 59 ml tomato paste

- Chop onion, garlic, celery, parsley, sweet and hot pepper, red and green bell peppers, thyme and oregano.
  - Sauté in olive oil. Add tomato sauce or tomato paste. Cook slowly for about 5 minutes.
  - Add vinegar reduce heat and simmer for 2-3 minutes. Pour mixture over fried fish.
- A traditional accompaniment is white or seasoned rice.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
8 (227g)

Calories / Calorías  
**390**  
per serving / por ración

**1570**  
per container / por envase

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Fat / Grasa Total</b>	31g	40%	123g	158%
Saturated Fat / Grasa Saturada	2.5g	13%	10g	52%
Trans Fat / Grasa Trans	0g	0%	0g	0%
<b>Cholesterol / Colesterol</b>	0mg	0%	0mg	0%
<b>Sodium / Sodio</b>	400mg	17%	1610mg	70%
Vitamin D / Vitamina D	0mcg	0%	0mcg	0%
Iron / Hierro	1.9mg	10%	1.9mg	40%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	8g	3%	31g	11%
Dietary Fiber / Fibra Dietética	1g	5%	6g	21%
Total Sugars / Azúcares Totales	4g	8%	18g	36%
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0%	0g	0%
<b>Protein / Proteínas</b>	24g	95%	95g	380%
Calcium / Calcio	70mg	6%	70mg	20%
Potassium / Potasio	730mg	15%	730mg	60%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.



**Blackfin tuna**  
(*Thunnus atlanticus*)



## Blackfin Tuna in Citrus Escabeche - Juan C. Vicéns

(4 portions)



6 oz / 177 ml olive oil  
2 oz / 57 g sliced garlic cloves  
4 ea sweet chili chopped  
4 oz / 113 g red bell pepper in julienne  
4 oz / 113 g orange bell pepper in julienne  
4 oz / 113 g green bell pepper in julienne  
4 oz / 113 g yellow bell pepper in julienne  
4 oz / 113 g white onion in julienne  
10 ea stuffed Spanish olives sliced  
2 ea bay leaves  
2 oz / 59 ml cider vinegar

2 oz / 59 ml local limejuice  
6 oz / 177 ml freshly squeezed orange juice  
Salt and black pepper (optional) to taste  
1 oz / 28 g cilantro chopped  
1 oz / 28 g culantro chopped  
2 tbsp citrus zest  
2 lb / .9 k black fin tuna cleaned, skinned and with the blood line removed  
Cut in medallions 1½" / 3.8cm thick

1. On medium hi, heat sauté garlic, assorted peppers and onions. Cooked until translucent.
2. Add olives, bay leaves, vinegar and citrus juices.
3. Season with salt and (optional) black pepper
4. Simmer for 10 minutes.
5. Remove pot from the stove. Add herbs and citrus zests.
6. In a hot sauté pan with very little oil, sear the filets about 1 minute on each side.
7. Serve filets on a deep platter and cover with the escabeche mixture.
8. Can be served immediately or let marinate overnight.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
4 (227g)

Calories / Calorías

**330** per serving / por ración  
**1300** per container / por envase

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Fat / Grasa Total</b>	21g	27%	85g	109%
Saturated Fat / Grasa Saturada	2.5g	13%	11g	53%
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	0mg	0%	0mg	0%
<b>Sodium / Sodio</b>	360mg	16%	1440mg	63%
Vitamin D / Vitamina D	0mcg	0%	0mcg	0%
Iron / Hierro	3.4mg	20%	3.4mg	70%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredientes:** Tuna, Little or Bonito, Raw (Aya Kurik), Pepper, Bell or Sweet, Green, Pepper, Bell or Sweet, Yellow, Juice, Orange, Olive Oil, Onions, Chopped, Garlic Clove, Sweet Pepper Red, Vinegar, Cider, Juice, Lime, STAR Olives, Manzanilla Spanish Pimiento Stuffed, Coriander or Cilantro, Leaf, Dried, Orange Peel (Zest), Salt, Table, Pepper, Black, Ground, Bay Leaf

**Contains:** Fish

**Ingredientes:** Tuna, Little or Bonito, Raw (Aya Kurik), Pepper, Bell or Sweet, Green, Pepper, Bell or Sweet, Yellow, Juice, Orange, Olive Oil, Onions, Chopped, Garlic Clove, Sweet Pepper Red, Vinegar, Cider, Juice, Lime, STAR Olives, Manzanilla Spanish Pimiento Stuffed, Coriander or Cilantro, Leaf, Dried, Orange Peel (Zest), Salt, Table, Pepper, Black, Ground, Bay Leaf

**Contiene:** pescado

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	11g	4%	43g	16%
Dietary Fiber / Fibra Dietética	2g	6%	6g	23%
Total Sugars / Azúcares Totales	4g		16g	
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0%	0g	0%
<b>Protein / Proteínas</b>	24g		97g	
Calcium / Calcio	80mg	6%	80mg	25%
Potassium / Potasio	670mg	15%	670mg	60%





Blackfin tuna  
(*Thunnus atlanticus*)



## Coriander Crusted Blackfin Tuna with Culantro Chimichurri, Okra Fungi and Candied Sweet Chili Peppers - Cory Magras

(4 portions)



- 2 lb / 907 g of cleaned loin of Blackfin tuna (no skin, no bloodline)
- 1 tbsp / 6 g coriander powder (toasted)
- 1 tsp / 2 g cumin powder (toasted)
- 1 tsp / 2 g fennel seeds (toasted)
- 1 tsp / 6 g salt

1 tsp / 2 g pink peppercorns (toasted)

1. Place all spices in spice grinder and work until ground.
2. Lightly coat the tuna loin with the spice mix and gently sear on each side. Once seared, place on a cutting board and gently slice with a sharp knife into four portions.
3. Serve over okra fungi, sparingly spoon the chimichurri over the fish and top with candied local peppers.

### Chimichurri

- 5 ea culantro leaves
- 5 ea parsley sprigs
- 4 ea cilantro sprigs
- Juice from one lemon
- 2 fl oz / 60 ml white vinegar
- 4 fl oz / 118 ml extra virgin olive oil
- Salt and pepper to taste

1. Blend until smooth, and then slowly add extra virgin olive oil. Serve.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
**Serving size / Tamaño por ración**  
**8 (227g)**  
**Calories / Calorías**  
**300** per serving / por ración | **1210** per container / por envase

	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Fat / Grasa Total</b>	18g	24%	74g	95%
Saturated Fat / Grasa Saturada	5g	24%	19g	97%
Trans Fat / Grasa Trans	0g		0.5g	
<b>Cholesterol / Colesterol</b>	55mg	18%	215mg	72%
<b>Sodium / Sodio</b>	1340mg	58%	5360mg	233%
Vitamin D / Vitamina D	2.5mcg	15%	2.5mcg	50%
Iron / Hierro	1.5mg	8%	1.5mg	35%

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	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	7g	2%	27g	10%
Dietary Fiber / Fibra Dietética	1g	5%	5g	18%
Total Sugars / Azúcares Totales	5g		21g	
Includes Added Sugars / Incluye Azúcares Añadidos	1g	3%	6g	11%
<b>Protein / Proteínas</b>	29g		116g	
Calcium / Calcio	90mg	6%	90mg	25%
Potassium / Potasio	620mg	15%	620mg	50%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

### Okra Fungi

16 fl oz / 473 ml milk  
4 ea fresh okra (sliced thin)  
2 tbsp / 30 g butter  
1 tbsp / 18 g salt  
1 tsp / 2 g white pepper  
4 oz / 113 g corn meal

1. Bring the milk to a simmer with okra, butter salt and pepper. Slowly add the corn meal while stirring briskly. On a low heat, simmer until thick and not gritty.
2. Pour into a small pan to cool, and cut in a desired shape.

### Candied Local Seasoned Pepper

3 ea sweet chili pepper, ají dulce, finely julienne  
1 tbsp / 15 ml white balsamic vinegar  
1 tbsp / 18 g sugar  
2 fl oz / 60 ml water  
Pinch of salt.

1. Simmer until liquid is thick.







Blackfin tuna  
(*Thunnus atlanticus*)



## Seared Tamarind Blackfin Tuna - Cedric Taquín

(4 portions)



4 - 6-8 oz / 170 – 227 g portions of black  
fin tuna loin

Soy sauce

2 oz / 57 g sesame seeds

Salt and pepper

### Tamarind Glaze:

2 tbsp / 30 ml soy sauce

4 oz / 118 ml water

4 tsp / 20 ml tamarind pulp or tamarind concentrate

1 minced garlic clove

1 tbsp / 15 g minced ginger

1 tsp / 6 g brown sugar or honey

Pinch salt

Minced chili pepper for heat, optional

B1 tbsp / 18 g chopped cilantro.

### Procedure:

1. Combine all ingredients; simmer on low heat until thick, around 20-25 minutes stirring constantly. Strain sauce if desired.

### Procedure:

1. Splash tuna loins with soy sauce, add pepper and sesame seeds.
2. Heat nonstick pan until almost smoking hot. Sear tuna on each side, around a minute per side depending on thickness and desired doneness.
3. Add tamarind sauce to loins and swirl a few minutes on hot pan without caramelizing, just enough to thicken the sauce a little bit and make it stick to fillet. Finish with sesame seeds and cilantro.

### Nutrition Facts / Datos de Nutrición

Servings / Raciones: 4, **Serv. size / Tamaño por ración: 6 oz. (170g),**  
Amount per serving / Cantidad por ración: **Calories / Calorías 220, Total Fat / Grasa Total** 7g (9% DV\* / % VD\*), Saturated Fat / Grasa Saturada 0.5g (3% DV\* / % VD\*), Trans Fat / Grasa Trans 0g,  
**Cholesterol / Colesterol** 0mg (0% DV\* / % VD\*), **Sodium / Sodio** 1580mg (69% DV\* / % VD\*), **Total Carbohydrate / Carbohidrato Total** 6g (2% DV\* / % VD\*), Dietary Fiber / Fibra Dietética 1g (4% DV\* / % VD\*), Total Sugars / Azúcares Totales 6g (Includes 1g Added Sugars / Incluye 1g Azúcares Añadidos, 2% DV\* / % VD\*), **Protein / Proteínas** 32g, Vitamin D / Vitamina D (0% DV\* / % VD\*), Calcium / Calcio (8% DV\* / % VD\*), Iron / Hierro (20% DV\* / % VD\*), Potassium / Potasio (10% DV\* / % VD\*)



Blue runner  
(*Caranx crysos*)



## Blue Runner Shallow Poach in Coconut Water Served with Rum Coconut Butter - Juan C. Vicéns

(4 portions)



2 lb / .9 k cleaned blue runner filets cut in 8oz / 113g portions  
Salt, pepper (optional) to taste  
16 oz / 473 ml pure coconut water  
2 ea bay leaves  
8 ea garlic cloves  
4 oz / 118 ml white rum  
2 oz / 59 ml limejuice  
8 oz / 113 g cold butter cut in cubes  
4 oz / 118 ml heavy cream  
2 oz / 56 g chopped fresh herbs (parsley, cilantro, culantro)

1. In a medium size pan prepare the poaching liquid, combine coconut water, garlic cloves, bay leaves, rum, lime juice and condiments.
2. Heat at medium heat (Must not boil) 185° F / 86° C. Carefully add the fish filets, cook about 3 minutes each side.
3. When cooked, remove the fish to a plate.
4. Increase heat to medium hi and reduce liquid to a third.
5. Add whole butter, stir to blend and have a creamy sauce. Add heavy cream and keep cooking until it blend in. Taste and adjust flavor if necessary. Serve over fish.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
8 (227g)

Calories / Calorías  
**390** per serving / por ración  
**1560** per container / por envase

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Fat / Grasa Total</b>	28g	36%	114g	146%
Saturated Fat / Grasa Saturada	16g	80%	64g	319%
Trans Fat / Grasa Trans	1g		3.5g	
<b>Cholesterol / Colesterol</b>	135mg	44%	530mg	177%
<b>Sodium / Sodio</b>	520mg	23%	2090mg	91%
Vitamin D / Vitamina D	0.2mcg	0%	0.2mcg	4%
Iron / Hierro	1.6mg	8%	1.6mg	35%

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	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	2g	1%	8g	3%
Dietary Fiber / Fibra Dietética	1g	2%	2g	9%
Total Sugars / Azúcares Totales	1g		2g	
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0%	0g	0%
<b>Protein / Proteínas</b>	25g		99g	
Calcium / Calcio	60mg	4%	60mg	20%
Potassium / Potasio	630mg	15%	630mg	50%

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Blue runner  
(*Caranx crysos*)



## Blue Runner Braised in Tomato Sauce - Nicole Greaux

(4 portions)



Blue runner cleaned, scaled, fins clipped and gills removed

### Seasonings

- 1 ea lime
- ½ tsp / 3 g salt
- 1 ea medium onion chopped
- 2 ea medium tomato diced
- ¼ tsp / .5 g pepper sauce
- 2 ea green onion sliced, white and most of green part
- 3 ea cloves garlic crushed
- 2 ea sprigs of thyme stem removed use only leaves

### Preparing the Fish

1. Separate head and 3 inches from base of tail, cut rest of fish into 1-inch steaks.
2. Add water to a large bowl, enough to cover the fish, squeeze in the lime juice and add lime halves squeezing these between your fingers as well.
3. Swirl the fish around in bowl to rinse.
4. Remove one steak at a time and set aside to drain or pat dry.
5. In a large bowl, add onion, garlic, tomatoes, salt, green onion, pepper sauce and thyme leaves, put fish in this bowl and mix to season. Let marinate for about 30 minutes covered in fridge. (This step can also be done hours in advance and kept in refrigerator).

### Cooking the Fish

16 fl oz. / 473 ml vegetable oil for frying fish  
Flour, cornstarch or arrowroot- enough for dusting the fish for frying

1. Put oil in frying pan or fryer and heat on high.
2. Knock seasoning off fish back into the bowl and dredge entire piece through, dusting off excess. Repeat this with each piece.
3. Add fish to hot oil and fry for about 3 minutes on each side.
4. When cooked, remove and put on a rack or plate with paper towel to drain excess oil.

### Nutrition Facts / Datos de Nutrición

Servings / Raciones: 4, **Serv. size / Tamaño por ración: 8 oz. (227g)**,  
Amount per serving / Cantidad por ración: **Calories / Calorías 260**, **Total Fat / Grasa Total** 12g (15% DV\* / % VD\*), Saturated Fat / Grasa Saturada 2g (11% DV\* / % VD\*), Trans Fat / Grasa Trans 0g, **Cholesterol / Colesterol** 95mg (32% DV\* / % VD\*), **Sodium / Sodio** 110mg (5% DV\* / % VD\*), **Total Carbohydrate / Carbohidrato Total** 5g (2% DV\* / % VD\*), Dietary Fiber / Fibra Dietética 1g (4% DV\* / % VD\*), Total Sugars / Azúcares Totales 2g (Includes 0g Added Sugars / Incluye 0g Azúcares Añadidos, 0% DV\* / % VD\*), **Protein / Proteínas** 33g, Vitamin D / Vitamina D (0% DV\* / % VD\*), Calcium / Calcio (2% DV\* / % VD\*), Iron / Hierro (6% DV\* / % VD\*), Potassium / Potasio (15% DV\* / % VD\*)

**Ingredients:** Bluefish, Raw, Tomatoes, Red, Onions, Chopped, Lime, Onions, Scallion or Spring Green, Oil, Olive, Garlic Clove, Paste, Tomato, Canned, Sauce, Tabasco or Pepper, Thyme, Fresh

**Contains:** Fish

**Ingredients:** Bluefish, Raw, Tomatoes, Red, Onions, Chopped, Lime, Onions, Scallion or Spring Green, Oil, Olive, Garlic Clove, Paste, Tomato, Canned, Sauce, Tabasco or Pepper, Thyme, Fresh

**Contiene:** pescado

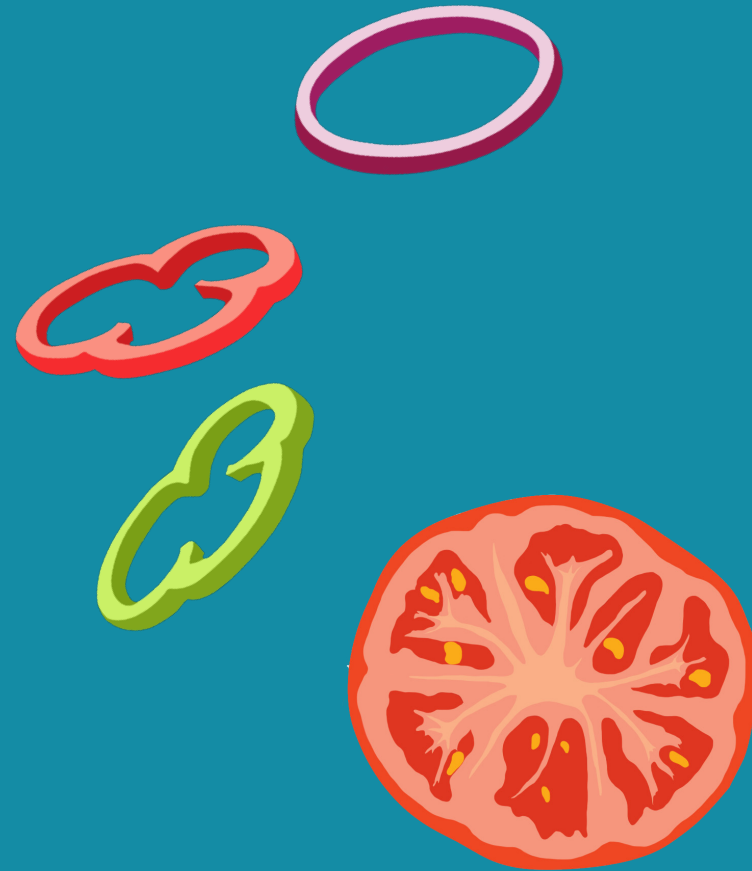
### Finishing the Sauce

2 tbsp / 30 ml olive oil

1¼ tsp / 18 g tomato paste

6 fl oz / 177 ml water

1. In a wide pan or pot, on medium heat, add olive oil.
2. Scrape all ingredients saved in bowl into pan, stirring now and then for about 3 minutes.
3. Add tomato paste and stir until incorporated. Then, add butter, add water and stir, bring to a simmer and add fish.
4. Gently stir fish around in sauce spooning some over the fish, keep a simmer for about 5 or 6 minutes with pan uncovered.
5. Gently move fish around in pan once more. Turn off heat. DONE!







Blue runner  
(*Caranx crysos*)



## Blue Runner Wrap in Banana Leaves - Wanda Pantojas

(4 portions)



- 4 ea whole and cleaned blue runners
- 4 oz / 120 ml olive oil
- Salt and pepper to taste
- 3 ea banana leaves (big size)
- 2 ea celery stalk, medium, diced
- 1 ea onion, sliced thin
- 1 ea red bell pepper, sliced thin
- 1½ oz / 45 g seaweed
- 12 ea lemons slices for garnish

1. Rub the fish with olive oil, salt and pepper. Keep fish cold.
2. Place the banana leaf over the heat (on top of the burner) to soften until glossy.
3. Cut the leaves into four rectangles.
4. Place the vegetables in the center of the leaves. Season the vegetables with olive oil, salt and pepper.
5. On top of the vegetables, place the blue runner and 3 lemon slices for garnish.
6. Fold the leave lengthwise, turn side toward middle, turn ends down and tie across.
7. Bake at 325 grades F. (163 grade C.) for 25 minutes.

### Note:

1. Serve with rice and chickpeas, tossed with bacon.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
10 (283g)

Calories / Calorías  
**510** per serving / por ración  
**2030** per container / por envase

**Ingredients:** Bluefish, Baked or Broiled, Pepper, Bell or Sweet, Red, Onions, Chopped, Oil, Olive, Celery, Stalk, Seaweed, Laver (Nori), Salt, Table, Pepper, Black, Ground

**Contains:** Crustacean Shellfish, Fish

**Ingredientes:** Bluefish, Baked or Broiled, Pepper, Bell or Sweet, Red, Onions, Chopped, Oil, Olive, Celery, Stalk, Seaweed, Laver (Nori), Salt, Table, Pepper, Black, Ground

**Contiene:** crustáceos y mariscos, pescado

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Fat / Grasa Total</b>	30g	<b>39%</b>	121g	<b>155%</b>
Saturated Fat / Grasa Saturada	5g	<b>25%</b>	20g	<b>101%</b>
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	155mg	<b>51%</b>	610mg	<b>203%</b>
<b>Sodium / Sodio</b>	580mg	<b>25%</b>	2330mg	<b>101%</b>
Vitamin D / Vitamina D	7.4mcg	35%	7.4mcg	150%
Iron / Hierro	1.7mg	10%	1.7mg	35%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

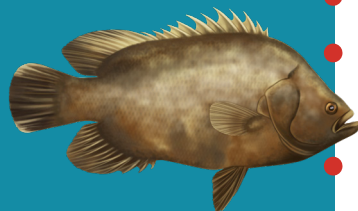
\* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	4g	<b>2%</b>	17g	<b>6%</b>
Dietary Fiber / Fibra Dietética	1g	<b>4%</b>	4g	<b>16%</b>
Total Sugars / Azúcares Totales	2g		8g	
Includes Added Sugars / Incluye Azúcares Añadidos	0g	<b>0%</b>	0g	<b>0%</b>
<b>Protein / Proteínas</b>	53g		210g	
Calcium / Calcio	40mg	4%	40mg	10%
Potassium / Potasio	1100mg	25%	1100mg	90%

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\* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000





Tripletail  
(*Lobotes surinamensis*)

## Tripletail Amandine - Cedric Taquín

(4 portions)



4 – 8 oz / 4 – 227 g portions of tripletail fillets

Salt and pepper to taste

4 oz / 113 g all-purpose flour

6 oz / 170 g butter

2 fl oz / 60 ml white wine

4 oz / 113 g sliced almonds

3 tbsp / 18 g chopped parsley

2ea limes (juice)

1 minced garlic clove, optional

Oil for sautéing

### Procedure:

1. Season fish, dredge fillets in the flour and pat off excess.
2. In a warm non-stick pan, add oil.
3. Cook the fillets lightly on each side until lightly golden. Immediately add and melt the butter.
4. Add garlic and almonds and gently toast in the hot butter constantly swirling the fillets in the pan and spooning butter and almonds over fillets to finish cooking.
5. Add white wine, lime and parsley to finish. Allow to dry wine and lime for a few seconds while spooning juices on fillets. Serve immediately.

### Nutrition Facts / Datos de Nutrición

Servings / Raciones: 4, **Serv. size / Tamaño por ración: 6 oz. (326g),**  
Amount per serving / Cantidad por ración: **Calories / Calorías 600, Total Fat / Grasa Total** 41g (53% DV\* / % VD\*), Saturated Fat / Grasa Saturada 16g (80% DV\* / % VD\*), Trans Fat / Grasa Trans 1g, **Cholesterol / Colesterol** 145mg (49% DV\* / % VD\*), **Sodium / Sodio** 910mg (40% DV\* / % VD\*), **Total Carbohydrate / Carbohidrato Total** 9g (3% DV\* / % VD\*), Dietary Fiber / Fibra Dietética 4g (14% DV\* / % VD\*), Total Sugars / Azúcares Totales 2g (Includes 0g Added Sugars / Incluye 0g Azúcares Añadidos, 0% DV\* / % VD\*), **Protein / Proteínas** 51g, Vitamin D / Vitamina D (100% DV\* / % VD\*), Calcium / Calcio (8% DV\* / % VD\*), Iron / Hierro (15% DV\* / % VD\*), Potassium / Potasio (25% DV\* / % VD\*)

**Ingredients:** Pargo legítimo cru (Red porgy, raw), Butter, Salted, Almonds, Sliced, Juice, Lime, Wine, White, Oil, Corn, Parsley, Chopped, Salt, Table, Garlic Clove, Pepper, Black, Ground

**Contains:** Tree Nuts, Fish, Wheat

**Ingredientes:** Pargo legítimo cru (Red porgy, raw), Butter, Salted, Almonds, Sliced, Juice, Lime, Wine, White, Oil, Corn, Parsley, Chopped, Salt, Table, Garlic Clove, Pepper, Black, Ground

**Contiene:** nueces de árbol, pescado, trigo



Rainbow runner  
(*Elagatis bipinnulata*)



## Plantain Wrapped Rainbow Runner - Cedric Taquín

(4 portions)



8 ea pieces of fresh rainbow-runner strips, about  
1"x1"x4"

2 ripe but firm plantains, peeled  
salt and pepper to taste

### Sauce

3 oz / 85 g minced bell peppers  
3 oz / 85 g minced onion  
1 minced garlic clove  
3 oz / 89 ml extra virgin olive oil  
2 tbsp / 30 ml apple cider vinegar  
chopped cilantro and parsley  
juice of one lime  
salt and pepper to taste

### Equipment:

Mandoline

Deep fryer or large pan for frying with fresh oil.

### Procedure:

1. Season strips. Using a mandoline, carefully cut the peeled plantain in long thin strips. Line the strips side by side on a flat surface and wrap each fish strip individually. Toothpicks are not necessary, but can be used if desired to pin plantain closed.
2. Pan-fry or deep fry fish and plantain strips in 350° F / 176° C degree oil until plantain is crisp. Normally, when the plantain hardens, the fish inside is done. It will take around 4-5 minutes. Try placing the fish in the pan with the plantain lip down and press with spatula for a few seconds so that they stick together and fry perfectly covering the fish strip.
3. Prepare salsa by mixing all the ingredients and serve with the fish.

### Nutrition Facts / Datos de Nutrición

Servings / Raciones: 4, **Serv. size / Tamaño por ración: 8 oz. (227g),**  
Amount per serving / Cantidad por ración: **Calories / Calorías 380, Total Fat / Grasa Total 19g** (24% DV\* / % VD\*), Saturated Fat / Grasa Saturada 3g (16% DV\* / % VD\*), Trans Fat / Grasa Trans 0g,  
**Cholesterol / Colesterol 95mg** (32% DV\* / % VD\*), **Sodium / Sodio 750mg** (33% DV\* / % VD\*), **Total Carbohydrate / Carbohidrato Total 18g** (7% DV\* / % VD\*), Dietary Fiber / Fibra Dietética 1g (5% DV\* / % VD\*), Total Sugars / Azúcares Totales 10g (Includes 0g Added Sugars / Incluye 0g Azúcares Añadidos, 0% DV\* / % VD\*), **Protein / Proteínas 34g,** Vitamin D / Vitamina D (0% DV\* / % VD\*), Calcium / Calcio (0% DV\* / % VD\*), Iron / Hierro (8% DV\* / % VD\*), Potassium / Potasio (20% DV\* / % VD\*)



Rainbow runner  
(*Elagatis bipinnulata*)



## Smoked Rainbow Runner with Passion Fruit Vinaigrette - Cory Magras

(4 portions)



- 4 ea – 8 oz / 227 g rainbow runner portions (skin-off)
- 2 fl oz / 59 ml roasted garlic and shallot oil (see recipe below)
- 2 fl oz / 59 ml white wine vinegar
- 1 tsp / 3 g salt
- ½ tsp / 1.5 g paprika
- 4 cup wood chips (any type, I used apple wood)

1. Rub the rainbow runner portions with the vinegar, oil, salt and paprika. Let sit overnight, if possible, or at least an hour.
2. In a roasting pan, spread out the wood chips and sprinkle with water.
3. Place the fish portion on a perforated pan over the wood chips. Place an inverted pan on top the fish to make a seal around the roasting pan.
4. Turn on the burners, and allow the wood chips to reach a smoking point. The hot heat from the flame and smoke will cook the fish. Let it smoke for 15 to 20 minutes. Make sure the fish is thoroughly cooked before serving.

### Roasted garlic and shallot oil

- 1 ea small shallot peeled
- 2 ea cloves of garlic
- 6 fl oz / 177 ml canola oil

1. In a small saucepan, roast the shallot and garlic in the canola oil until golden brown. Let cool and reserve the oil for the dressing and for the recipe above.

### Nutrition Facts

### Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
8 (227g)

**Calories / Calorías**  
**490** **1960**

per serving / por ración per container / por envase

	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Fat / Grasa Total</b>	33g	<b>42%</b>	131g	<b>167%</b>
Saturated Fat / Grasa Saturada	3.5g	<b>17%</b>	14g	<b>70%</b>
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	105mg	<b>35%</b>	420mg	<b>140%</b>
<b>Sodium / Sodio</b>	650mg	<b>28%</b>	2600mg	<b>113%</b>
Vitamin D / Vitamina D	0mcg	0%	0mcg	0%
Iron / Hierro	1.6mg	8%	1.6mg	35%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Bluefish, Cooked, Dry Heat, Fruit de la passion, frais, pulpe et pépins (Passion Fruit, Pulp And Pips, Raw), Oil, Canola, REGINA Vinegar, White Wine, Vinegar, Red Wine, Honey, Shallots, Salt, Table, Garlic Clove, Paprika  
**Contains:** Fish  
**Ingredientes:** Bluefish, Cooked, Dry Heat, Fruit de la passion, frais, pulpe et pépins (Passion Fruit, Pulp And Pips, Raw), Oil, Canola, REGINA Vinegar, White Wine, Vinegar, Red Wine, Honey, Shallots, Salt, Table, Garlic Clove, Paprika  
**Contiene:** pescado

	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	8g	<b>2%</b>	25g	<b>9%</b>
Dietary Fiber / Fibra Dietética	4g	<b>14%</b>	15g	<b>55%</b>
Total Sugars / Azúcares Totales	9g		37g	
Includes Added Sugars / Incluye Azúcares Añadidos	5g	<b>11%</b>	21g	<b>42%</b>
<b>Protein / Proteínas</b>	36g		146g	
Calcium / Calcio	20mg	0%	20mg	6%
Potassium / Potasio	800mg	15%	800mg	70%

### Passion Fruit Vinaigrette

4 ea strained and seeded passion fruit pulp

2 tbsp / 30 ml honey

½ tsp / 1.5 g salt

2 fl oz / 59 ml white wine vinegar

Reserved roasted garlic and shallot

4 fl oz / 118 ml garlic and shallot oil

1. In a blender, add the passion fruit, honey, salt, vinegar, and the roasted shallot and garlic. Blend until smooth.
2. Slowly add the cooled shallot/garlic oil to emulsify.

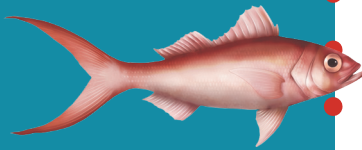
### Platting the Fish

1. Toss fresh arugula and heirloom tomatoes with the passion fruit vinaigrette. Add some crumbled feta cheese.
2. Top with the smoked rainbow runner.

Garnish with Thai basil!







Queen snapper  
(*Etelis oculatus*)

## Steamed Queen Snapper in Lemon Butter Sauce with Crucian Fungi (Polenta) - Carlos Farchette

(4 portions)



2.5 lb / 1.13 k queen snapper, fileted and cut in 4 filet portions  
Lemon butter sauce  
2 tbsp / 30 ml olive oil  
1 ea medium size onion, diced  
2 ea cloves garlic, crushed  
1 ea stalk celery, diced  
½ ea green and red bell pepper, diced  
4 oz / 60 g butter

2 oz / 30 ml lime juice

¼ tsp / 1.5 g salt

½ tsp / 1 g black pepper

¼ tsp / .5 g thyme

¼ tsp / .5 g oregano

1 ea sliver scotch bonnet pepper or other hot pepper

1. In a small pot, heat olive oil and sauté onion, celery, garlic, thyme, oregano, green and red pepper, for about 5 minutes or until translucent.
2. Add butter, scotch bonnet, lime juice, and bring to boil for about 2 minutes.
3. Season queen snapper and place in sauce. Cover and simmer for about 15 minutes or until fish is cooked through. Detach the meat and serve with Polenta. Drizzle with the sauce.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
10 (283g)

Calories / Calorías  
480 1910

per serving / por ración per container / por envase

Ingredients: Red Snapper, Raw, BOB'S RED MILL Cornmeal, Fine Grind, Onions, Sweet, Raw, Pepper, Bell or Sweet, Red, Butter, Salted, Juice, Lemon, Pepper, Hot Chili, Green, Corn oil, Oil, Olive, Garlic Clove, Celery, raw, Salt, Table, Pepper, Black, Ground, Oregano, Ground, Thyme, Ground

Contains: Fish

Ingredients: Red Snapper, Raw, BOB'S RED MILL Cornmeal, Fine Grind, Onions, Sweet, Raw, Pepper, Bell or Sweet, Red, Butter, Salted, Juice, Lemon, Pepper, Hot Chili, Green, Corn oil, Oil, Olive, Garlic Clove, Celery, raw, Salt, Table, Pepper, Black, Ground, Oregano, Ground, Thyme, Ground

Contiene: pescado

	Per serving / Por ración % DV*	Per container / Por envase % DV*
<b>Total Fat / Grasa Total</b>	22g	28% 87g
Saturated Fat / Grasa Saturada	9g	43% 35g
Trans Fat / Grasa Trans	0g	2g
<b>Cholesterol / Colesterol</b>	85mg	28% 335mg
<b>Sodium / Sodio</b>	290mg	13% 1180mg
Vitamin D / Vitamina D	3.3mcg	15% 3.3mcg
Iron / Hierro	2.4mg	15% 2.4mg

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

	Per serving / Por ración % DV*	Per container / Por envase % DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	40g	15% 160g
Dietary Fiber / Fibra Dietética	8g	30% 34g
Total Sugars / Azúcares Totales	3g	13g
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0% 0g
<b>Protein / Proteínas</b>	32g	127g
Calcium / Calcio	90mg	6% 90mg
Potassium / Potasio	640mg	15% 640mg

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### Crucian Fungi (Polenta)

Fungi or polenta is a popular cereal made with cornmeal. Usually served with fish, pork or other meats.

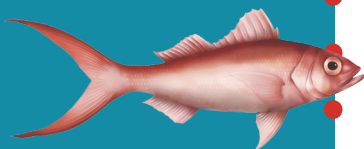
1 qt / 480 ml salted water to taste

2 tbsp / 30 ml butter or oil

3 cups / 537 g fine cornmeal

1. Bring salted water to boil, sprinkle the cornmeal on top while stirring quickly with a wooden spoon or whisk taking care to stir constantly to avoid cornmeal from forming lumps.
2. Add butter or oil and stir again.
3. Reduce heat, cover and simmer for about 2-3 minutes. Serve with fish.





Queen snapper  
(*Etelis oculatus*)



## Fried Layers of Queen Snapper - Wanda Pantojas

(4 portions)



4 ea filets queen snapper  
2 tbsp / 30 ml lemon juice  
2 ea garlic cloves (mashed)  
1 tbsp / 15 g fish seasoning powder  
1½ cup / 187.5 g flour  
8 oz / 237 g beer  
1 cup / 200 ml vegetable oil  
Paper Towel

1. Cut the filets in four pieces.
2. Season the filets, (both sides) with lemon juice, garlic and fish seasoning. Let it rest.
3. Mix the flour and the beer until obtaining a light batter consistency.
4. Heat a pan with oil and drop a small amount of batter to test the heat of the oil.
5. Deep-fry the filets of fish in the batter. Fry for 2 or 3 minutes each side until golden brown.
6. Serve immediately.

### Tartar Sauce

2 oz. / 62 g dill pickles  
1 oz / 30 g capers, chopped  
1 oz / 30 g onion, chopped  
16 oz / 473 ml mayonnaise  
1 cdas / 5g parsley, chopped

1. Press the pickles and capers to squeeze out the liquid. Mix with the onion.
2. Combine with the mayonnaise and chopped parsley in a stainless-steel bowl and mix well.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

Calories / Calorías  
**410** per serving / por ración  
**1640** per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	29g 37%	115g 147%
Saturated Fat / Grasa Saturada	4g 21%	16g 82%
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	5mg 1%	15mg 4%
<b>Sodium / Sodio</b>	360mg 16%	1440mg 63%
Vitamin D / Vitamina D	0mcg 0%	0mcg 0%
Iron / Hierro	1.2mg 6%	1.2mg 25%

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**Ingredients:** Snapper, Golden Stripped, Raw (Jenahak), Sauce, Tartar, Beer, Oil, Corn, KING ARTHUR FLOUR All Purpose Flour, Unbleached, Juice, Lemon, FRONTIER COOP Seasoning Blend, Cajun Blackened Fish & Meat, Garlic Clove

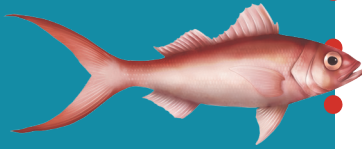
**Contains:** Eggs, Fish, Wheat

**Ingredientes:** Snapper, Golden Stripped, Raw (Jenahak), Sauce, Tartar, Beer, Oil, Corn, KING ARTHUR FLOUR All Purpose Flour, Unbleached, Juice, Lemon, FRONTIER COOP Seasoning Blend, Cajun Blackened Fish & Meat, Garlic Clove

**Contiene:** huevos, pescado, trigo

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	20g 7%	80g 29%
Dietary Fiber / Fibra Dietética	1g 3%	3g 11%
Total Sugars / Azúcares Totales	2g	8g
Includes Added Sugars / Incluye Azúcares Añadidos	0g 0%	0g 0%
<b>Protein / Proteínas</b>	16g	63g
Calcium / Calcio	30mg 2%	30mg 8%
Potassium / Potasio	240mg 6%	240mg 20%

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Queen snapper  
(*Etelis oculatus*)



## Pan Roasted Queen Snapper with Coconut Yellow Curry, and Soy Roasted Vegetables - Cory Magras

(4 portions)



4 ea 8 oz / 227 g portions of queen  
snapper fillet (cleaned and  
scaled, but skin on)  
1 tbsp / 15 ml olive oil  
1 tsp / 6 g salt  
1 tsp / 2 g fennel pollen  
1 tbsp / 15 g butter  
2 fl oz / 59 ml white wine (Pinot  
Grigio preferred)

1. Bring a cast iron skillet to a high heat. Coat with the olive oil. Place the snapper fillets skin side down. Once seared to a golden brown, flip the fish over and season with salt and fennel pollen.
2. Add the butter and white wine to the pan and place in a 450° F / 232° C oven for 3 minutes or until fully cooked.
3. Spoon the butter and wine from the skillet over the fish.
4. Serve curry sauce on the plate. Serve roasted vegetables and fish.

### Coconut Yellow Curry

12 fl oz / 355 ml coconut milk  
1 tbsp / 6 g yellow curry powder  
Pinch of salt

1. Bring to a simmer and let reduce by half.

### Soy Roasted Vegetables

1 pint of fresh wild mushrooms  
3 ea Anaheim peppers  
1 tbsp / 15 ml olive oil  
Salt and pepper to taste  
3 ea scallions  
1 tbsp / 15 ml soy sauce

1. Mix mushrooms and peppers with oil, salt and pepper, and lightly roast. Let cool.
2. Peel and seed the peppers, then chop them and mix them with mushrooms, scallions and soy.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
8 (227g)

Calories / Calorías

**210**

per serving / por ración

**850**

per container / por envase

	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Fat / Grasa Total</b>	5g	6%	19g	25%
Saturated Fat / Grasa Saturada	2g	11%	9g	44%
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	80mg	26%	315mg	105%
<b>Sodium / Sodio</b>	240mg	10%	960mg	42%
Vitamin D / Vitamina D	4.9mcg	25%	4.9mcg	100%
Iron / Hierro	1mg	6%	1mg	20%

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	Per serving / Por ración	% DV* / % VD*	Per container / Por envase	% DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	1g	0%	2g	1%
Dietary Fiber / Fibra Dietética	0g	0%	1g	2%
Total Sugars / Azúcares Totales	0g		1g	
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0%	0g	0%
<b>Protein / Proteínas</b>	42g		167g	
Calcium / Calcio	90mg	6%	90mg	25%
Potassium / Potasio	820mg	15%	820mg	70%

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Octopus  
(*Octopus vulgaris*)



## Annatto Oiled and Grilled Octopus - Cory Magras

(8 portions)



1 ea. whole octopus  
1 ea. lime (cut in half)  
1 ea. lemon (cut in half)  
1 ea. orange (cut in half)  
3 ea. garlic clove (crushed)  
2 gal / 7.5 lt water  
4 fl oz / 118 ml olive oil  
1 tbsp / 12 g annatto seeds  
Salt and pepper to taste

### Procedure:

1. Bring a large stockpot of water to a boil. Squeeze the juice from the citrus fruit into the pot and add the skins of the fruit to the pot. Add the whole octopus and boil for 45 minutes, then turn the pot off and let it sit for 30 minutes in the hot water. Remove from the water and cool on a baking tray.
2. Remove the head of the octopus and cut off each tentacle.
3. In a small saucepot, gently heat the oil and the annatto seeds to extract the deep red color into the oil. Let cool and blend the oil with the seeds. Add a pinch of salt and pepper, then strain the oil mixture.
4. Rub the oil mixture all over the octopus tentacles and let marinade overnight, if possible, for as long as possible.
5. Grill the tentacles over a charcoal grill until charred and have marks. Serve with a lemon aioli and Olive Tapenade.

### Nutrition Facts

3 servings per container / raciones por envase  
Serving size / Tamaño por ración  
3 (85g)

Calories / Calorías

40

per serving / por ración

300

per container / por envase

	Per serving / Por ración % DV*	Per container / Por envase % DV*
<b>Total Fat / Grasa Total</b>	3.5g	5% 29g
Saturated Fat / Grasa Saturada	0.5g	3% 5g
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	5mg	1% 30mg
<b>Sodium / Sodio</b>	65mg	3% 520mg
Vitamin D / Vitamina D	0mcg	0% 0mcg
Iron / Hierro	0.3mg	0% 0.3mg

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**Ingredients:** Water, Tap, Well, Octopus (Alaska Native), DELALLO Olives, Calamata, Orange, Lard, with Annatto (Manteca con achiote), Puerto Rican, Mayonnaise (Mayonnaise), Oil, Vegetable, Low Saturated Fat, USDA Commodity Food, Juice, Lemon, Juice, Lime, Oil, Olive, Sauce, Tabasco or Pepper, Mineral Salt, Pepper, Black, Ground, Pepper, White, Ground, Lemon Peel or Zest, Thyme, Fresh, Pimenta moida (Pepper Ground)

**Contains:** Eggs, Fish

**Ingredients:** Water, Tap, Well, Octopus (Alaska Native), DELALLO Olives, Calamata, Orange, Lard, with Annatto (Manteca con achiote), Puerto Rican, Mayonnaise (Mayonnaise), Oil, Vegetable, Low Saturated Fat, USDA Commodity Food, Juice, Lemon, Juice, Lime, Oil, Olive, Sauce, Tabasco or Pepper, Mineral Salt, Pepper, Black, Ground, Pepper, White, Ground, Lemon Peel or Zest, Thyme, Fresh, Pimenta moida (Pepper Ground)

**Contiene:** huevos, pescado

	Per serving / Por ración % DV*	Per container / Por envase % DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	1g	0% 4g
Dietary Fiber / Fibra Dietética	0g	0% 0g
Total Sugars / Azúcares Totales	0g	1g
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0% 0g
<b>Protein / Proteínas</b>	1g	7g
Calcium / Calcio	10mg	0% 10mg
Potassium / Potasio	10mg	0% 10mg

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**Ingredients:** Water, Tap, Well, Octopus (Alaska Native), DELALLO Olives, Calamata, Orange, Lard, with Annatto (Manteca con achiote), Puerto Rican, Mayonnaise (Mayonnaise), Oil, Vegetable, Low Saturated Fat, USDA Commodity Food, Juice, Lemon, Juice, Lime, Oil, Olive, Sauce, Tabasco or Pepper, Mineral Salt, Pepper, Black, Ground, Pepper, White, Ground, Lemon Peel or Zest, Thyme, Fresh, Pimenta moida (Pepper Ground)

**Contains:** Eggs, Fish

**Ingredients:** Water, Tap, Well, Octopus (Alaska Native), DELALLO Olives, Calamata, Orange, Lard, with Annatto (Manteca con achiote), Puerto Rican, Mayonnaise (Mayonnaise), Oil, Vegetable, Low Saturated Fat, USDA Commodity Food, Juice, Lemon, Juice, Lime, Oil, Olive, Sauce, Tabasco or Pepper, Mineral Salt, Pepper, Black, Ground, Pepper, White, Ground, Lemon Peel or Zest, Thyme, Fresh, Pimenta moida (Pepper Ground)

**Contiene:** huevos, pescado

### Olive Tapenade

8 oz / 227 g Kalamata olives  
3 ea. sprigs of thyme  
1 tbsp / 15 ml extra virgin olive oil  
½ tsp / 1 g black pepper

#### Procedure:

1. Mince all ingredients together and reserve. Do not add salt to the olives as they are usually already salted.

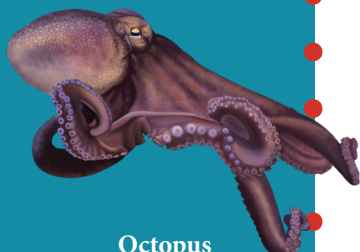
### Lemon Aioli

4 fl oz / 118 ml cup mayo  
Juice and zest of one lemon  
Pinch of salt and white pepper

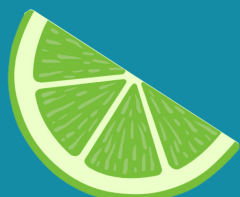
#### Procedure:

1. Whisk ingredients together and reserve.





Octopus  
(*Octopus vulgaris*)



## Octopus Wet Rice and Octopus Cracklings - Juan C. Vicéns

(4 portions)



### Octopus Cooking and Preparation

2 ea whole octopus about 4.5 lb / 2 k each. Defrosted (It's important that the octopus has been previously frozen)  
3 gal water

1. Clean the octopus; remove from the inner head, gelatinous membranes, eyes and mouth.
2. Add water to a large stockpot and bring to a boil.
3. Carefully, using a tong, hold octopus by the head and step in the boiling water for 10 – 15 seconds, then remove it from the water and count 10 – 15 seconds, step it back in the boiling water. Repeat 3 times.
4. After returning the octopus to the water, cook it at medium heat for about 45 minutes. Taste for tenderness, using the tip of a knife. If it cuts easily, it is cooked. Otherwise, cook it for some extra time. When done, turn off the stove and let the octopus refresh in the cooking liquid.
5. Remove octopus to a bowl and reserve the stock.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (170g)

Calories / Calorías

**360**

per serving / por ración

**1420**

per container / por envase

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Fat / Grasa Total</b>	10g	12%	39g	50%
Saturated Fat / Grasa Saturada	2.5g	13%	10g	52%
Trans Fat / Grasa Trans	0g		0g	
<b>Cholesterol / Colesterol</b>	80mg	27%	330mg	109%
<b>Sodium / Sodio</b>	520mg	23%	2100mg	91%
Vitamin D / Vitamina D	0.3mcg	0%	0.3mcg	6%
Iron / Hierro	8.8mg	50%	8.8mg	190%

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**Ingredients:** Octopus, Common, Cooked, Moist Heat, UNCLE BEN'S Rice, Arborio, Dry, Cheese, Fresh, Queso Fresco, Onions, Yellow, Sautéed, Pepper, Bell or Sweet, Sauce, Tomato, Canned, Sweet Pepper Red, Wheat Flour, Wholemeal, Garlic Clove, Olives, Green, Stuffed, Oil, Corn, Coriander or Cilantro, Leaf, Dried

**Contains:** Crustacean Shellfish, Milk, Fish, Wheat

**Ingredients:** Octopus, Common, Cooked, Moist Heat, UNCLE BEN'S Rice, Arborio, Dry, Cheese, Fresh, Queso Fresco, Onions, Yellow, Sautéed, Pepper, Bell or Sweet, Sauce, Tomato, Canned, Sweet Pepper Red, Wheat Flour, Wholemeal, Garlic Clove, Olives, Green, Stuffed, Oil, Corn, Coriander or Cilantro, Leaf, Dried

**Contiene:** crustáceos y mariscos, leche, pescado, trigo

	Per serving / Por ración	% DV*	Per container / Por envase	% DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	37g	14%	149g	54%
Dietary Fiber / Fibra Dietética	2g	6%	6g	23%
<b>Total Sugars / Azúcares Totales</b>	1g		4g	
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0%	0g	0%
<b>Protein / Proteínas</b>	29g		115g	
Calcium / Calcio	200mg	15%	200mg	60%
Potassium / Potasio	650mg	15%	650mg	60%

### Octopus Wet Rice

2 oz / 59 ml vegetable oil  
2 oz / 56 g annatto seeds  
6 oz / 170 g yellow onion, diced  
6 oz / 170 g bell peppers green and red  
2 oz / 56 g garlic, finely chopped  
2 oz / 56 g sweet chili pepper, finely chopped  
1 oz / 28 g cilantro, finely chopped  
2 oz / 56 g alcaparrado (stuffed olives and capers mix)  
4 oz / 118 ml tomato sauce  
1.5 lb / 680 g Arborio rice  
2½ qt / 2.37 lt reserved octopus stock  
1 ea cooked octopus, cut in medium size chunks  
Salt and pepper (optional) to taste

### For Garnishing:

8 oz / 227 g fresh farmer's cheese, hard churned  
2 oz / 56 g all-purpose flour  
Oil to fry cheese

1. Toss cheese cubes on flour. Fry in hot oil until golden color. Remove to paper towel, to absorb excess fat. Reserve
- 2 oz scallions, sliced
- 4 oz roasted bell pepper cut in julienne

### Procedure

1. In a small saucepan, heat the oil and annatto seeds on medium hi heat to infuse oil with color and flavor. Strain and reserve oil.
2. Use a heavy bottom caldron. Add the annatto oil; add vegetables and sauté at medium hi heat for 4 – 5 minutes. Add alcaparrado and tomato sauce and cook additional 5 minutes, stirring occasionally.

3. Add rice, fold and cooked with the vegetables until thoroughly mix.
4. Add 1/3 of the reserved octopus stock. Stirring occasionally, cook until rice absorbs the liquid. Repeat this step two more times. Must be somewhat humid but not soupy.
5. Add octopus chunks and fold it with the rice. Simmer for 4 minutes. Serve, garnish with fried cheese, roasted peppers, scallions and sprig of parsley or cilantro.

### Octopus cracklings

1 cu cooked octopus cut in chunks  
Salt and pepper optional to taste  
1 tbsp smoked paprika  
1 tbsp lime juice  
1 oz / 30 ml olive oil  
12 oz / 340 g all-purpose flour  
4 oz / 170 g cornstarch  
Oil for frying  
Criollo limes wedges for garnishing  
Clean plantain or banana leaves are good for a creative presentation.

1. Add the octopus, condiments, olive oil and lime juice into a mixing bowl. Marinate por 30 minutes.
2. Heat oil to 350° F / 177° C.
3. Mix flour and cornstarch in another bowl.
4. Prepare in batches, toss octopus chunks into flour mixture, and blot any excess flour. Fry in the hot oil 3 – 4 minutes.
5. Remove from oil and lay on paper towel to drain excess fat.

Serve with lime wedges.





Diamondback squid  
(*Thysanoteuthis rhombus*)



## Diamond Back Squid Stew with Chickpeas - Juan C. Vicéns

(4 portions)



- 2 lb / 907 g diamond squid tubes and tentacles clean and cut in rings
- 2 oz / 60 ml olive oil
- 3 ea bay leaves
- 6 oz / 170 g yellow onion, diced
- 3 oz / 85 g red bell pepper, diced
- 3 oz / 85 g green bell pepper, diced
- 1 oz / 28 g sweet chili pepper (ají dulce), chopped
- 4 ea garlic cloves, sliced
- 2 oz / 57 g olive caper mix (alcaparrado)

- 8 oz / 237 ml tomato sauce
- 16 oz / 473 ml fish stock
- 1 oz / 30 ml lime juice
- 2 oz. / 60 ml white wine
- 12 oz / 340 g chickpeas cooked and drained
- Salt to taste
- 2 oz / 57 g chopped parsley
- 2 oz / 57 g chopped cilantro

1. In a heavy bottom pan, add and heat the olive oil.
2. Sauté bay leaves, onions, peppers, garlic and olive mix until lightly golden.
3. Add tomato sauce and simmer for 5 minutes stirring occasionally.
4. Add squid and cook for 3 minutes.
5. Add stock, wine and chickpeas, season. Cover and simmer, stirring occasionally for 45 - 55 minutes or until the squid is tender. Add fresh herbs.
6. Serve with white rice, or serve as a tapa in smaller portions.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
8 (227g)

Calories / Calorías

270

1080

per serving / por ración per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	10g 13%	40g 51%
Saturated Fat / Grasa Saturada	1.5g 8%	7g 33%
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	375mg 125%	1500mg 499%
<b>Sodium / Sodio</b>	890mg 39%	3560mg 155%
Vitamin D / Vitamina D	0mcg 0%	0mcg 0%
Iron / Hierro	4.2mg 25%	4.2mg 90%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Squid, Steamed or Boiled, Soup, Fish Stock, Beans, Chickpeas, Garbanzo or Bengal Gram, Canned, Sauce, Tomato, Canned, Onions, Yellow, Sautéed, Pepper, Bell or Sweet, Red, Pepper, Bell or Sweet, Green, Wine, White, Olives, green, Coriander or Cilantro, Leaf, Dried, Parsley, Chopped, Oil, Olive, Juice, Lime, Pepper, Bell or Sweet, Salt, Table, Garlic Clove, Pepper, Black, Ground, Bay Leaf

**Contains:** Fish

**Ingredients:** Squid, Steamed or Boiled, Soup, Fish Stock, Beans, Chickpeas, Garbanzo or Bengal Gram, Canned, Sauce, Tomato, Canned, Onions, Yellow, Sautéed, Pepper, Bell or Sweet, Red, Pepper, Bell or Sweet, Green, Wine, White, Olives, green, Coriander or Cilantro, Leaf, Dried, Parsley, Chopped, Oil, Olive, Juice, Lime, Pepper, Bell or Sweet, Salt, Table, Garlic Clove, Pepper, Black, Ground, Bay Leaf

**Contains:** pescado

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Carbohydrate / Carbohidrato Total</b>	15g 6%	61g 22%
Dietary Fiber / Fibra Dietética	3g 11%	12g 43%
Total Sugars / Azúcares Totales	3g	13g
Includes Added Sugars / Incluye Azúcares Añadidos	0g 0%	0g 0%
<b>Protein / Proteínas</b>	29g	117g
Calcium / Calcio	140mg 10%	140mg 45%
Potassium / Potasio	830mg 20%	830mg 70%



Diamondback squid  
(*Thysanoteuthis rhombus*)



## Stir Fry Diamond Back Squid with Swiss Chard - Wanda Pantojas

(4 portions)



1lb / 454 g fresh diamond squid  
2 qt / 1.90 lt water  
1 tbsp / 10 g ginger (mashed)  
2 ea red bell peppers  
1 ea green bell pepper  
1½ cup / 185 g green onions  
1 bunch green swiss chard  
2 cups / 240 g local seasoning (or sofrito)  
½ cup / 125ml water  
1 tbsp / 7 g cornstarch  
Salt and pepper to taste

### Method:

1. Score the squid with cross diagonal cuts (superficial marks).
2. Cut in strips.
3. Boil the water, cook the squid with a piece of ginger just for 2 minutes (no more) to prevent the toughness of the product, if not, you will need to cook the squid for two more hours.
4. Shock in the squid in cold water to stop the cooking. Set aside.
5. Heat a sauté pan or wok to stir fry the peppers, green onions and chard.
6. Add the squid and the local seasoning.
7. Mix the water and cornstarch, make a slurry and add to the pan or wok.
8. Move constantly until desirable thickness.

### Note:

1. Serve over rice or pasta.

### Nutrition Facts Datos de Nutrición

4 servings per container / raciones por envase  
Serving size / Tamaño por ración  
4 (113g)

#### Calories / Calorías

**150** per serving / por ración | **620** per container / por envase

	Per serving / Por ración % DV*	Per container / Por envase % DV*
<b>Total Fat / Grasa Total</b>	7g	9%
Saturated Fat / Grasa Saturada	0g	0%
Trans Fat / Grasa Trans	0g	0%
<b>Cholesterol / Colesterol</b>	165mg	56%
<b>Sodium / Sodio</b>	760mg	33%
Vitamin D / Vitamina D	0mcg	0%
Iron / Hierro	1.2mg	6%

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	Per serving / Por ración % DV*	Per container / Por envase % DV*
<b>Total Carbohydrate / Carbohidrato Total</b>	8g	2%
Dietary Fiber / Fibra Dietética	2g	5%
Total Sugars / Azúcares Totales	1g	3%
Includes Added Sugars / Incluye Azúcares Añadidos	0g	0%
<b>Protein / Proteínas</b>	16g	64%
Calcium / Calcio	40mg	4%
Potassium / Potasio	390mg	8%

Kalaloo is the national dish of the U.S. Virgin Islands and is quite different from dishes of the same name made in neighboring islands. It is a thick soup or stew made with meats, seafood, vegetables and herbs. It is very nutritious!

## Kalaloo - Carlos Farchette



- 1 lb / 454 g cooking ham
- 1 lb / 454 g pigs' tail or snout
- 1 lb / 454 g salted beef
- 2 ea large tania leaves, yautía leaf
- 3-cup papalulu leaves papaya leaves
- 2-cup bata-bata leaves
- 2-cup white Mary leaves
- 2-cup fresh okra

- 1 ea medium sized hot pepper, chopped
- 1½ lb / 680 g queen conch meat
- 2 ea land crabs
- 1 lb / 454 g octopus
- 2 cups fish meat (usually queen trigger or princess parrotfish)

1. Soak salted meats such as the ham, pigtales or snout, overnight. Discard water the next day.
2. Boil meats until tender.
3. Boil conch until tender and set aside.
4. Cook fish, remove bones and set aside.
5. Boil octopus until tender and set aside.
6. Prepare greens: pick leaves from stem wash, drain and grind leaves in blender.
7. Prepare fresh land crab: scrub thoroughly, section and cook in boiling water until shell changes color. Drain.
8. In a large pot, cut up conch and meats and bring to a boil. Add leafy herbs, okra and continue to cook.
9. Add fish and crab sections lastly. When herbs and greens turn a dark color and okra seeds turn pink, the dish is ready to serve. Add salt and pepper to taste. Cooking time being about 2 hours.

### Nutrition Facts Datos de Nutrición

20 servings per container / raciones por envase  
Serving size / Tamaño por ración  
6 (113g)

Calories / Calorías  
**160** per serving / por ración  
**3200** per container / por envase

	Per serving / Por ración % DV* / % VD*	Per container / Por envase % DV* / % VD*
<b>Total Fat / Grasa Total</b>	8g	10% 151g
Saturated Fat / Grasa Saturada	3g	14% 56g
Trans Fat / Grasa Trans	0g	0g
<b>Cholesterol / Colesterol</b>	45mg	14% 850mg
<b>Sodium / Sodio</b>	540mg	23% 10770mg
Vitamin D / Vitamina D	0.3mcg	0% 0.3mcg
Iron / Hierro	3.6mg	20% 3.6mg

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / \* El % de valor diario (VD) indica cuánto un nutriente en una porción de comida contribuye a una dieta diaria. 2,000 calorías al día se utiliza para el consejo general de la nutrición.

**Ingredients:** Conch, Baked or Broiled, Parrot Fish, Raw, Beef jerky, Octopus, Common, Cooked, Moist Heat, Pork or Ham Hock, Cooked, Pig Tongue, Krabbebleer, konserve (Crab Claws, Meat, Canned), Okra, Swiss Chard, Taro Leaves, Raw, Sweet potato leaves, squash leaves, pumpkin leaves, chrysanthemum leaves, bean leaves, or swamp cabbage, cooked, fat added in cooking, Krabbebleer, rá (Crab Claws, Meat, Raw), Pepper, Hot Chili, Green

**Contains:** Crustacean Shellfish, Fish

**Ingredientes:** Conch, Baked or Broiled, Parrot Fish, Raw, Beef jerky, Octopus, Common, Cooked, Moist Heat, Pork or Ham Hock, Cooked, Pig Tongue, Krabbebleer, konserve (Crab Claws, Meat, Canned), Okra, Swiss Chard, Taro Leaves, Raw, Sweet potato leaves, squash leaves, pumpkin leaves, chrysanthemum leaves, bean leaves, or swamp cabbage, cooked, fat added in cooking, Krabbebleer, rá (Crab Claws, Meat, Raw), Pepper, Hot Chili, Green

**Contiene:** crustáceos y mariscos, pescado

### Kalaloo (substitute ingredients)

The following ingredients, which can be easily found in grocery stores, will give a good approximation of the old-time Crucian Kalaloo with much less work and a cooking time of about 45 minutes.

1 lb / 454 g fresh ham

2 lb / 908 g spinach, fresh, frozen or canned

2 lb / 908 g collard greens, fresh frozen or canned

1 can 12 oz cooked conch

1 can 8 oz crab meat

1 cup cooked fish

Follow directions in original recipe for cooking.





**SEASONAL CLOSURES**  
as of 2022  
**VEDAS**

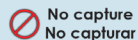
**Federal Waters (EEZ)**  
**Aguas Federales (ZEE)**

All seasonal closures apply to commercial and recreational fishers. / Todas las vedas aplican tanto a pescadores comerciales como recreacionales.

MCD: no-take zone year round. Grammanik Bank seasonal closure February 1-April 30

SPECIES Especies	JANUARY Enero	FEBRUARY Febrero	MARCH Marzo	APRIL Abril	MAY Mayo	JUNE Junio	JULY Julio	AUGUST Agosto	SEPTEMBER Septiembre	OCTOBER Octubre	NOVEMBER Noviembre	DECEMBER Diciembre
Yellowfin grouper Guajil												
Black grouper Mero Negro												
Tiger grouper Diente de sable												
Red grouper Mero rojo												
Yellowedge grouper Guajil amarillo												
Mutton snapper Sama												
Lane snapper Arrayao												
Queen conch* Carrucho												
Silk snapper** Chillo												
Blackfin snapper** Alinga												
Vermillion snapper** Besugo												
Black snapper** Chopa negra												
Goliath grouper Mero batata												
Nassau grouper Mero cherna												

Legend: / Leyenda: \*\* Species regulated in St. Thomas and not in St. Croix.



**Exclusión de responsabilidad legal/ Legal liability disclaimer**

• The rules, fishing bans and restrictions that appear in this calendar are those existing at the time of printing. These may change at any moment: for the official laws and regulations, please consult the Federal Register as an official federal resource, as well as the pertinent offices associated to State Governments. Federal Register <http://www.gpo.gov> , DRNA <http://www.drna.gobierno.pr/>, DPNR <http://www.dpnr.vi.gov/>.

• Las regulaciones, vedas y restricciones que aparecen en este calendario son las existentes al momento de la impresión. Estas pueden cambiar en cualquier momento; para leyes y reglamentos oficiales consulte al Federal Register como recurso oficial federal y a las oficinas pertinentes de los Gobiernos Estatales. Federal Register <http://www.gpo.gov> , DRNA <http://www.drna.gobierno.pr/>, DPNR <http://www.dpnr.vi.gov/>.

The names used in this list were taken from the book *Common Names of Fishes in Puerto Rico* (1983) by Donald Erdman.  
Los nombres utilizados en esta lista se obtuvieron del libro *Nombres Vulgares de Peces en Puerto Rico* (1983) por Donald Erdman.

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## Glossary

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**Air fryer:** An air fryer is a small countertop convection oven designed to simulate deep-frying without submerging the food in oil. A fan circulates hot air at high speed.

**Ají dulce:** Small non-hot chili pepper, used as a staple condiment in various Caribbean cuisines.

**All-purpose seasoning:** It refers to adobo-style seasoning.

**Amandine:** Culinary term indicating a dish that contains or it is garnished with almonds.

**Anisakiasis:** It is caused by a parasite whose larvae can be found in various marine species. They can be present in raw or partially cooked fish.

**Annatto:** Orange-red condiment and food coloring derived from the seeds of the achiote tree, native to tropical regions from Mexico to Brazil. It is often used to impart a yellow or orange color to foods, but sometimes also for its flavor and aroma.

**Apio:** Root vegetable original from South America. Commonly used in the Caribbean islands. In local markets is called “Apio del país”.

**Bacalaítos mix:** Found in Latin markets. It is a quick and ready to use version of a traditional codfish fritter, known as *bacalaíto*.

**Bata-bata leaves:** Locally found greens and herbs that grow as a wild shrub with dark green leaf. Leaves are gathered and frozen, or dried and stored in plastic containers.

**Biodiversity:** Refers to the diversity of organisms, including the processes and connections between them.

**Buttermilk:** Cultured dairy product. Traditionally made as a byproduct of the elaboration of other dairies. Used for cooking and baking.

**Cardamom pods:** A sweet and savory spice that comes in two varieties: green and black pods. Pods come whole or ground. The two different varieties have different tastes; green cardamom is sweeter, and often used for pastries and coffee. Black cardamom tends to be less sweet, have a hint of smoky flavor and mostly used for savory dishes.

**Carpaccio:** Finely sliced and pounded meat or fish, traditionally served as an appetizer.

**Chutney:** Family of condiments or sauces in the cuisines of the Indian subcontinent. Chutneys can be prepared in such forms as a tomato relish, a ground peanut garnish, yogurt or curd, cucumber, spicy coconut, spicy onion or the famous Major Gray mango chutney.

**Ciguatera:** Food poisoning that can occur when eating contaminated coral reef fish (grouper, sea bass, barracuda, snapper, among others.) When large fish eat small fish that have eaten poisonous algae, they can produce toxic substances known as ciguatoxins.

**Dietary Guidelines:** This is the 2020-2025 dietary guidelines for Americans, ninth edition (Dietary Guidelines for Americans 2020-2025). It provides simple recommendations for acquiring a healthy diet that meets the nutritional needs of everyone.

**Ecological service:** Component, function or process of the ecosystem that humans can use for economic benefit, for example, fishers use ecosystem biodiversity to obtain food and income; in addition, the coral reef protects the coast from the waves, preventing economic losses.

**Ecosystem:** It is formed by the communities that live in a determined place in interaction with the physical and chemical factors, and the nutrients and energy flows that develop between them.

**Escabeche:** Escabeche is the name for several dishes in Spanish, Portuguese, Filipino and Latin American cuisines, consisting of marinated not taste like fennel seed or weed, so it truly adds a different flavor to food.

**Fungi:** A cornmeal porridge, traditionally served in the U.S. Virgin Islands and eastern Puerto Rico, to accompany fish dishes. It is known as funche in Puerto Rico.

**HACCP:** Hazard analysis system and critical control points. It is a system that allows the identification, evaluation and control of significant hazards and guarantees food safety.

**Histamine:** A chemical substance found in some cells of the body that can cause some allergy symptoms in the consumption of some poorly preserved foods. The result can be inflammation to protect the system against possible foreign substances.

**Gastrique:** Caramelized sugar, deglazed with vinegar or other sour liquids, used as a sweet and sour flavoring for sauces.

**Julienne:** A culinary technique that consists of cutting the vegetables, with a knife or a mandolin, into elongated and very thin strips, similar to matchsticks.

**Kallaloo:** The national dish of the U.S. Virgin Islands. It is quite different from dishes of the same name made in neighboring islands. It is a thick soup or stew made with meats, seafood, vegetables, and herbs and is very nutritious and delicious.

**Land crabs:** A crab that lives in burrows inland and migrates in large numbers to the sea to breed.

**LDL:** (Low Density Lipoprotein). It is known as “bad cholesterol”, because a high level of LDL allows cholesterol to build up in the arteries of the body.

**Maubi:** Is a tree bark-based beverage widely consumed in the Caribbean. Made with sugar and the bark of certain species of a tree native to the northern Caribbean and south Florida. Recipes usually include other ingredients as well, spices such as aniseed being very common. Also known as Maví in the Dominican Republic and Puerto Rico, Mabi in Haiti and Martinique and Maubi in the Virgin Islands and Dutch Caribbean islands.

**Methylmercury:** It is a toxic compound that causes damage to the central nervous system. Many species are related to mercury poisoning (albacore tuna, salmon, sea bass ...).

**Meuniere:** A French sauce and a method of preparation, primarily for fish. Thus, to cook something à la meuniere is to cook it by first dredging it in flour. A meuniere sauce is a simple preparation—brown butter, chopped parsley, and lemon.

**NOAA:** National Oceanic and Atmospheric Administration. This agency monitors the conditions of the oceans and the atmosphere for the United States of America.

**Non-heme iron:** Iron of vegetable and non-animal origin. It is found in products like spinach, lentils, lima beans, peas, and apricots.

**Nori:** Dried edible seaweed used in Japanese cuisine. It has a strong and distinctive flavor. Often used to wrap rolls of sushi and other Japanese dishes.

**Old Bay Seasoning:** A blend of herbs and spices, originally created in Baltimore, Maryland. Used in fish and seafood cooking.

**Panko:** (In Japanese cooking) breadcrumbs with a light, flaky texture, typically used as a coating for fried or baked food.

**Pigeon peas:** One of the most important food legume crops, which grow in the tropical and subtropical climates. It is a drought tolerant and warm weather crop. It was domesticated in India 3,500 years ago. The seeds are used as grains in Africa, Asia and Latin America.

**Poppy seeds:** Edible part of the poppy flower. Used for cooking and baking.

**Sauté:** Cooking method that uses a relatively small amount of oil or fat in a shallow pan over high heat.

**Scombroid:** Histamine poisoning after eating fish in poor condition or improperly preserved. These fish regularly belong to the Scombridae family (bonito, tuna, and mackerel).

**Sustainable fishery:** A fishery that is harvested at a sustainable rate, where the fish population does not decline over time because of fishing practices.

**Smoked paprika:** Spice made from dried, smoked and ground red peppers.

**Surinam cherry:** Also known as pitanga. It is an evergreen shrub or small tree that is known for its attractive fruits, which look like glossy, bite-sized pumpkins. Has a tangy flavor.

**Tania leaves/ yautía leaf (*Xanthoma sagittifolium*):** Tropical crop that produces starchy edible roots. The young leaves are used as condiment in various world gastronomies.

**Tapenade:** A provençal paste or dip, made from black olives, capers, and anchovies.

**Turmeric:** A flowering plant that belongs to the ginger family. It is dried and ground. Used in Asian, African and Caribbean cuisines.

**USDA:** United States Department of Agriculture, responsible for developing food, nutrition and environmental programs, among others.

**White Mary leaves:** Green leafy plant, found in the wild in St. Croix, USVI. Leaves are picked clean from the stem, frozen or dried and stored for future use in making Kallaloo.

**Wood Chips:** Small pieces of non-resinous wood, such as apple, hickory, mesquite, oak, guava etc. Used to add special flavors and to cook food thru smoke.

**Zest:** Scrape off the outer colored part of the peel of a citrus fruit.





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