



Grilled Florida Mullet with Hot Mango-Honey Sauce

Ingredients

- ¼ Cup honey
- ¼ Cup rice wine vinegar
- 2 Tablespoons Worcestershire sauce
- 1 Tablespoon Dijon mustard
- ¼ Teaspoon hot pepper sauce
- 1 Tablespoon jalapeño, diced
- ½ Cup pureed mango
- 4 6-ounce mullet fillets
- Parsley sprigs for garnish

Preparation

Preheat grill to medium hot. For approximately 1 cup of sauce, combine all ingredients except fish fillets in a small bowl. Reserve ½ cup to serve with cooked fillets. Brush both sides of fillets with sauce; place fillets in a single layer in well-greased hinged, wire grill basket. Cook on medium hot grill for 5 to 8 minutes. Baste fillets with sauce and turn; cook 5 to 8 minutes more or until fish flakes easily. Serve with reserved sauce and parsley garnish.

Yield

4 servings



Lemon Herb Baked Florida Mullet

Ingredients

- 4 6-ounce mullet fillets
- 2 Tablespoons olive oil
- 3 Tablespoons lemon juice
- ½ Teaspoon fresh basil, chopped
- 1 Teaspoon fresh rosemary leaves, chopped
- 1 Teaspoon fresh thyme, chopped
- ½ Medium onion, thinly sliced
- ½ Cup red bell pepper, diced
- Sea salt and fresh ground pepper to taste
- 1 Lemon, sliced
- ½ Cup dry white wine
- 2 Tablespoons parsley, chopped

Preparation

Preheat oven to 350 degrees. Place fillets in a single layer in a greased baking dish. Drizzle olive oil and lemon juice over fillets. Season the fillets with basil, rosemary, thyme, onion, diced red pepper, salt and pepper; top with lemon slices and pour wine over all. Bake for 25-30 minutes or until fish flakes easily with a fork. Sprinkle with chopped parsley and serve.

Yield

4 servings



Fried Florida Mullet Fingers

Ingredients

- Canola oil for frying
- 2 Pounds mullet fillets
- 1 Teaspoon salt
- ¼ Teaspoon pepper
- ½ Cup all-purpose flour
- 1 Cup yellow cornmeal
- 2 Teaspoons cayenne pepper
- Lemon slices

Preparation

Heat oil to 375 degrees in deep fryer or deep saucepan. Cut fillets into 4-to-5-inch strips. Combine salt, pepper, flour, cornmeal and cayenne; mix well. Coat fish with mixture. Deep fry fish in hot oil for 4-5 minutes until fish is golden brown. Drain on paper towel and serve with lemon slices.

Yield

6 servings