



## Florida Snapper with Citrus Sauce

### Ingredients

- 1 ½ Pounds snapper, cut into four 6-ounce fillets, skin on
- Canola or olive oil for cooking
- Corn starch for dusting

### Preparation

Preheat a medium-sized sauté pan over medium-high heat. When the pan is hot, add 1 tablespoon oil to the pan. Lightly season each snapper fillet with salt and pepper and dust the skin side of each fillet with corn starch. Carefully add the seasoned snapper fillets to the hot pan.

Cook each fillet for around 3 minutes on each side or until golden brown and completely cooked throughout the thickest part of the fillet. Remove cooked snapper fillets from pan and let cool slightly.

## Citrus Sauce

### Ingredients

- 1 Cup orange juice
- 2 Tablespoons low-sodium soy sauce
- 1-2 Tablespoons unsalted butter
- Sea salt and fresh ground pepper, to taste

### Preparation

In a small pot, combine orange juice and soy sauce. Cook over medium heat until reduced by half. Reduce heat and add butter. Swirl the pot until the butter is incorporated. Remove from heat, taste and adjust seasoning with salt and pepper. Serve warm.

### Yield

4 servings



## Pan-seared Florida Snapper with Roasted Red Pepper Chili

### Ingredients

- 4 6-ounce snapper fillets
- 2 Teaspoons cayenne pepper
- Sea salt, to taste
- Ground black pepper, to taste
- 1 Cup rice flour
- 4 Tablespoons olive oil

### Preparation

Sprinkle fillets with seasonings then dredge in flour. Melt butter in shallow skillet over medium-high heat; add fillets and cook 3-5 minutes per side until golden brown and cooked through. Remove fillets from skillet and serve with Roasted Red Pepper Chili.

## Roasted Red Pepper Chili

### Ingredients

- 1 Pound red peppers, roasted, peeled, seeded and Roughly chopped
- 2 Tablespoons diced shallots
- ½ Cup white wine
- Salt and pepper

### Preparation

In a large sauté pan, cook all the ingredients over medium heat for 20 minutes. Puree mixture in a blender until smooth. Strain for a more refined sauce. Add salt and pepper to taste.

Yield - 4 servings



## Chili-Cumin Snapper Fingers

### Ingredients

- 2 Pounds snapper, cut into 1-inch strips
- 2 Eggs
- 2 Tablespoons milk
- ½ Teaspoon salt
- ½ Teaspoon freshly ground pepper
- ½ Cup flour
- 1 Teaspoon cumin
- 1 Teaspoon chili seasoning
- 5 Tablespoons butter
- 2 Tablespoons olive oil
- 2 Limes, halved

### Preparation

Pat snapper fingers dry with paper towel. Whisk together eggs and milk in a small bowl. Combine salt, pepper, flour, cumin and chili seasoning on a shallow plate. Coat fish fingers with flour mixture; dip in egg mixture, then into flour mixture. Set aside to dry for 5 minutes. Melt the butter and oil together in a heavy skillet over moderate heat. When butter foams, add the fingers; cook 3-5 minutes on each side until browned and cooked through. Serve with lime halves.

### Yield

6 servings