



AVENGER

GOLD COAST FISHING CHARTERS

RECIPES

Most importantly ~ fish is cooked when the flesh first changes colour at its centre.

Images for these recipes are on our website www.gold-coast-fishing-charters.net

THE EASIEST - FRIED PORTIONS. For **all edible fish**. Simply, scale, gut and remove head and tail of the fish to then shallow or deep fry serving sized portions in oil. To eat use fingers to remove flesh from bones.

SPICED AND COOKED IN FOIL ~ WHOLE OR FILLETS ~ Suits **all edible scaled fish** other than Mack Tuna. Place fish on oiled foil, add a sprinkle of your favorite spice or herbs, cook in oven, bbq, or pan, turn regularly if not in an oven. For this recipe's images please visit our website www.gold-coast-fishing-charters.net/

BBQ OR PAN FRIED FILLETS ~ Suits all fish other than Mack Tuna. Size thick fillets, scaled or skinned, down to approximately 2 centimetres thick, cut away any bones or red muscle, turn every 2 minutes. **Scad, Leather Jacket, Cobia and Shark must be skinned.**

CRUMBED, DEEP FRIED FILLETS ~ Suits all fish other than Mack Tuna, highly recommended for **BONITO**. Size fillets to approximately 2 cm thick. Method, coat in plain flour, dip in egg mixed with a dash of milk, press in crumbs that can have minced garlic and herbs added, cook in oil until the crumbs first turn golden brown. Don't over cook **Bonito**, it dries out earlier than other fish.

BEER BATTERED FISH ~ Suits **all edible fish** other than Mack Tuna but this recipe is highly recommended for **skinned FLAKE/SHARK**. Lightly mix 2 cups of plain flour, 2 teaspoons of salt, 2 cups of full strength bitter beer, don't over beat, lumps are ok, let stand for 30 minutes then lightly fold in 2 whisked egg whites. Coat skinned or not skinned fillets that are no thicker than 2 cm in flour then dip in batter mixture to then deep fry until the fillets first turn white in the centre.

FISH CAKES or BALLS ~ Suits **all edible fish** but this recipe also suits fish scraped from its skeleton after filleting. Particularly suits defrosted **FROZEN TAILOR** and scrapings from **MACKEREL SKELETONS** after filleting has left flesh on the frame. Method ~ Mix 2 cups of minced skinless boneless fish with 1 cup of cooked chopped noodles, 1/2 cup of chopped favorite herb/herbs, 3 eggs, half cup dry grated parmesan cheese, half cup plain flour, 1 diced red onion, a teaspoon of minced garlic, salt & pepper into patties then bbq, pan or deep fry.

STIR FRY ~ use **any edible fish pieces**, approximate 1 x 3 centimeters strips, great for our **SCAD MACKEREL/Yakka** ~ as when scad is filleted skinned and de-boned, the portions suit the size pre-mentioned. Method - brown diced shallots and onions in peanut oil, add and brown fish pieces marinated in honey, soy, garlic, cracked pepper and ginger, add hot boiled rice, and hot fried egg strips. Stir gently to distribute all ingredients evenly. Serve steaming hot. Fantastic!!!

BAKED PARMESAN CRUMBED FILLETS ~ Ingredients, 1/2 cup fresh multi grain breadcrumbs, 1/4 cup flat-leaf parsley leaves finely chopped, 1/3 cup finely grated parmesan cheese, 1/4 teaspoon minced garlic, 1 teaspoon finely grated lemon rind, 1 teaspoon olive oil, 4 boneless 3cm thick white fillets, this recipe suits our white fleshed **MACKERELS and COBIA** (fillets about 3cm thick, approx 200g each), olive oil cooking spray. Method, Preheat oven to 200°C. Combine breadcrumbs all ingredients and salt and pepper in a bowl. Drizzle mixture with oil. Stir until all breadcrumbs are coated in oil. Press breadcrumb mixture onto flesh-side of fish fillets only, to form an even 1/2 centimeter topping. Spray tray with oil. Place fish skin-side down onto the baking tray. Bake for 15 to 20 minutes till crumbs are golden brown. Check thickest piece to see if cooked through. Serve with baked tomato, boiled or steamed beans, boiled whole baby potatoes & lemon wedge. Awesome!!!

GRILLED, BBQ OR PAN FRIED TUNA FILLETS ~ YELLOW FIN or LONG TAIL NORTHERN BLUE. Method - Cook as you would a rare steak, as tuna becomes dry when cooked further. Blow torch searing for the pro chefs. A serving suggestion is to plate on a bed of creamy mashed potato, with asparagus spears, grilled bbq tomato and eggplant slices, a poached egg and drizzle a cream based lemon garlic and caper sauce.

COOK IN CITRIC JUICE ~ Any seafood can be cooked in freshly squeezed lime or lemon juice. The citric acid in the juice

actually cooks all seafood without any heat. . Simply soak skinless, boneless, bite size pieces in the juice for about 2 hours. Then mix sea food pieces in a diced salad with coconut cream. Diced crisp lettuce, firm tomato, shallots, onion, apple, capsicum, sultanas, etc. Highly recommended, Very Tropical !

SASHIMI ~ Suits **all edible fish** and the pink flesh from our **MACK TUNA** is **highly** suited. (Discard the easily noticeably red tuna flesh) Simply, display different size raw fish pieces from very thin to 1 cm thick on a plate, provide a bowl of soy sauce and a dish of wasabi paste to then use toothpicks or fingers to dip a piece in the soy, wasabi or both, (wasabi is a very hot Japanese horseradish, green in colour), eat as an entree. Another dipping favorite is a mix of honey, soy sauce, minced ginger and minced garlic.

MACK TUNA JERKY ~ The pink flesh from our **MACK TUNA** is **highly** suited, (Discard the noticeably red flesh). Size strips to approximately 1 centimeter x 3 centimeters x 12 centimeters, marinate overnight or for at least 1 hour in a favorite marinate, eg, honey soy garlic and ginger and sesame seeds, place on a oven rack and heat/dry out for approximately 4 hours at 80 degrees centigrade, withdraw smaller pieces earlier – a very moreish snack.