

Sensational Recipes for Silver Fin

from Chef Philippe Parola

Silver fin fried strips. 4 servings

16 strips of silver fin fish (boneless if possible)

2 eggs, 1 cup of Kleinpeter half&half for eggwash

1 cup of Louisiana fish fry seasoned flour

Peckapepper mango sauce for dipping

Preheat fryer at 350, in a bowl crack 2 eggs, stir well than add half&half, stir well than you are having an eggwash for your fish.

Place the Silver fin strips into eggwash than coat each strips with the seasoned flour than fry until done, served with peckapepper mango sauce.

Silver fin almonidine. 4 servings

4 filets of Silver fin fish

2 Table spoon of olive oil

2 ounces of unsalted butter

3 oz of white wine

1 table spoon of lemon juice

½ cup of roasted almonds

Seasoning to taste

Seasoned Silver fin to taste, in a saute skillet preheat olive oil and butter until very hot, place seasoned Silver fin filet and brown both side than add white wine and lemon juice, cooked over medium high heat for 5 minutes or until done, topped Silver fin filets with sauce than roasted almonds.

Silver fin with fresh berries. 4 servings

4 Silver fin filets

2 onces of each raspberries, blueberries, strawberries and grapes of your choice.

2 Table spoon of pecan oil

2 onces of unsalted butter

2 Table spoon of Kleinpeter cream

3 onces of white wine

1 lemon and 1 orange for juice.

seasoning to taste

Preheat in a saute skillet oil and butter until very hot, place seasoned Silver fin than brown both side than add white wine, juice from lemon and orange bring to a boil than add all the fresh berries than boil for 3 minutes over medium high heat.

Silver fin cakes. 4 servings

1 lb of Silver fin white meat

4 ounces of melted unsalted butter

1 Table spoon of Dijon mustard

1 Table spoon of lemon juice

1 whole egg

1 once of bread crumble

Seasoning and hot sauce to taste

Poach or steam Silver fin meat until fully cooked than break it up in pieces to remove bones, place all the meat into a mixing bowl than add butter, mustard, egg and lemon juice mix well and add bread crumble, seasoned to taste. Make small cakes, rolled into egg wash and season flour than fry.