

Silverfin Provencale

4 servings

Ingredients:

4 Silverfin fish steaks
4 Table spoon of olive oil
4 oz of white wine
2 Table spoon of lemon juice
1 Table spoon of fine chopped fresh garlic
2 Table spoon of fine chopped onion
1 diced tomato
1 bunch of parsley fine chopped
Seasoning to taste

Instructions:

- Season Silverfin to taste
- Pour olive oil in a baking pan than place Silverfin steaks
- Sprinkle garlic, onion and parsley
- Add lemon juice
- Bake at 325 for 5 minutes
- Add white wine and diced tomato
- Continue baking at 325 for 12 minutes

Serve over pasta, rice or mashed potatoes.

Silverfin Almondine

4 servings

Ingredients:

4 Silver fin fish steaks
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

Instructions:

- In a skillet, preheat olive oil and butter until very hot
- Place seasoned Silver fin steaks and brown both sides
- Add white wine and lemon juice
- Place Silverfin steaks with sauce into a baking pan
- Bake at 350 for 10 minutes or until done

When served, top Silverfin steaks with sauce then top with roasted almonds.

Silverfin Steak & Fresh Berries

4 servings

Ingredients:

4 Silverfin steaks
1 or 2 ounces of each raspberries, blueberries and seedless grapes of your choice.
2 Table spoon of pecan oil
2 ounces of unsalted butter
2 Table spoon of heavy cream
3 ounces of white wine
1 lemon and 2 oranges for juice.
Seasoning to taste

Instructions:

- Preheat in a skillet, oil and butter until very hot
- Place seasoned Silverfin steaks in skillet
- Brown both sides
- Add white wine, juice from lemon and orange
- Bring to a boil
- Add all the fresh berries
- Bake for 12 minutes at 325 degrees

When serving, top with sauce and berries.

Silverfin Cakes

4 servings

Ingredients:

4 Silverfin steaks
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

Instructions:

- Poach or steam Silverfin steaks until fully cooked
- Break it up in pieces to remove bones
- Place all the meat into a mixing bowl
- Add butter, mustard, egg and lemon juice
- Mix well
- Add bread crumble, seasoned to taste.
- Make small cakes, rolled into egg wash and seasoned flour
- Fry for 4 to 5 minutes until golden brown

Serve with a beurre blanc or lemon butter sauce.

Silverfin Fried Strips

4 servings

Ingredients:

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
Pickapepper mango sauce for dipping

Instructions:

- Preheat fryer at 350
- In a bowl, crack 2 eggs
- Stir well
- Add half & half
- Stir well (then you are having an eggwash for your fish)
- Place the Silverfin strips into eggwash
- Coat each strip with the seasoned flour
- Fry until done

Served with peckapepper mango sauce.