

Sweet Bluefish

Gloria Castro
Honduras

Serves: 4 people

Yields: 4 filets of Bluefish

Time: 15 minutes

Ingredients

4 (4-ounce) filets of bluefish
1 can (13.5-ounce) of “lite” coconut milk
4 cloves of garlic, minced
2 teaspoons of honey
1 teaspoon of adobo (see page 54)
½ cup of cilantro, rinsed and chopped
¼ cup of whole wheat flour
1 tablespoon of olive oil
Pinch of salt

Directions

- ✦ Put the “lite” coconut milk, garlic, honey and adobo seasoning in a small pot and bring to a boil, stirring occasionally. Add the cilantro and reduce to a simmer.
- ✦ Coat each fish fillet lightly with flour and a pinch of salt.
- ✦ Heat 1 tablespoon of olive oil over medium high heat in a large skillet. Sear bluefish fillets on both sides for about 3 minutes each.
- ✦ Reduce heat and add coconut milk mixture to the pan with the bluefish filets and bring to a simmer for 3 minutes, covered.
- ✦ Serve the bluefish with a side of mashed plantains (see recipe on page 24).

Did You Know?

Bluefish is found in the open-ocean worldwide. Smaller fish are an excellent source of protein and important omega-3 fatty acids. Bluefish are considered “sustainable” because they are fast growing, reproduce at a young age and are no longer threatened by overfishing in the US Atlantic.

