

# Fresh Seafood Menu Ideas

from  
**Brian Stengl — FFS Seafood Expert**



## Marinated Stone Crab Claws

### Ingredients:

1 pound — stone crab claws  
1 cup — tarragon vinegar  
2/3 cup — vegetable oil  
2/3 cup — sugar  
2 teaspoons — salt  
2 cloves — garlic, minced  
salad greens

*Preparation:* Crack the claws and remove the outer shell leaving meat attached to one side of the claw. Combine vinegar, oil, sugar, salt and garlic; mix until sugar and salt are dissolved. Pour over crab claws; cover. Marinate in refrigerator at least 2 hours. Drain. Serve on a bed of salad greens as an appetizer. *Yield:* 4 servings

## Mango Mahi-Mahi

### Ingredients:

1 1/2 pounds — mahi-mahi fillets  
1/4 cup — olive oil  
1/2 cup — mango juice  
1/2 cup — fresh basil, finely chopped

*Preparation:* Cut fish into serving-sized portions and place in a glass dish or bowl. Combine oil, juice and basil and pour over fish. Cover and refrigerate for 1 hour. Prepare grill surface by cleaning and coating with oil. When coals are ready they will have lost the flame and be covered with gray ash. Place seafood on hot grill about 6 inches from the coals. Let fish grill for about 5 to 6 minutes on each side, basting before turning fish one time. Serve with grilled vegetables and green salad. *Yield:* 4 servings

## Pan-Fried Tilapia

### Ingredients:

2/3 cup — cornmeal  
1/2 teaspoon — salt  
1/2 teaspoon — paprika  
2 pounds — tilapia fillets  
vegetable oil for frying

*Preparation:* Combine cornmeal, salt and paprika. Coat fillets with cornmeal mixture. Pour about 1/8- inch of oil in a heavy skillet and heat to 360 degrees F. Place fillets in skillet and fry for 4-5 minutes or until brown; turn carefully and cook an additional 4-5 **minutes or until fish flakes easily** with a fork. Drain on a paper towel. *Yield:* 6 servings



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