

THE

# Fish

## COOKBOOK

Fish Recipes to Bake, Fry, Broil and Sauté from Home

*Gordon Rock*



# The Fish Cookbook

Fish Recipes to Bake, Fry, Broil and Sauté from  
Home

BY

Gordon Rock

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*Kindle Edition*



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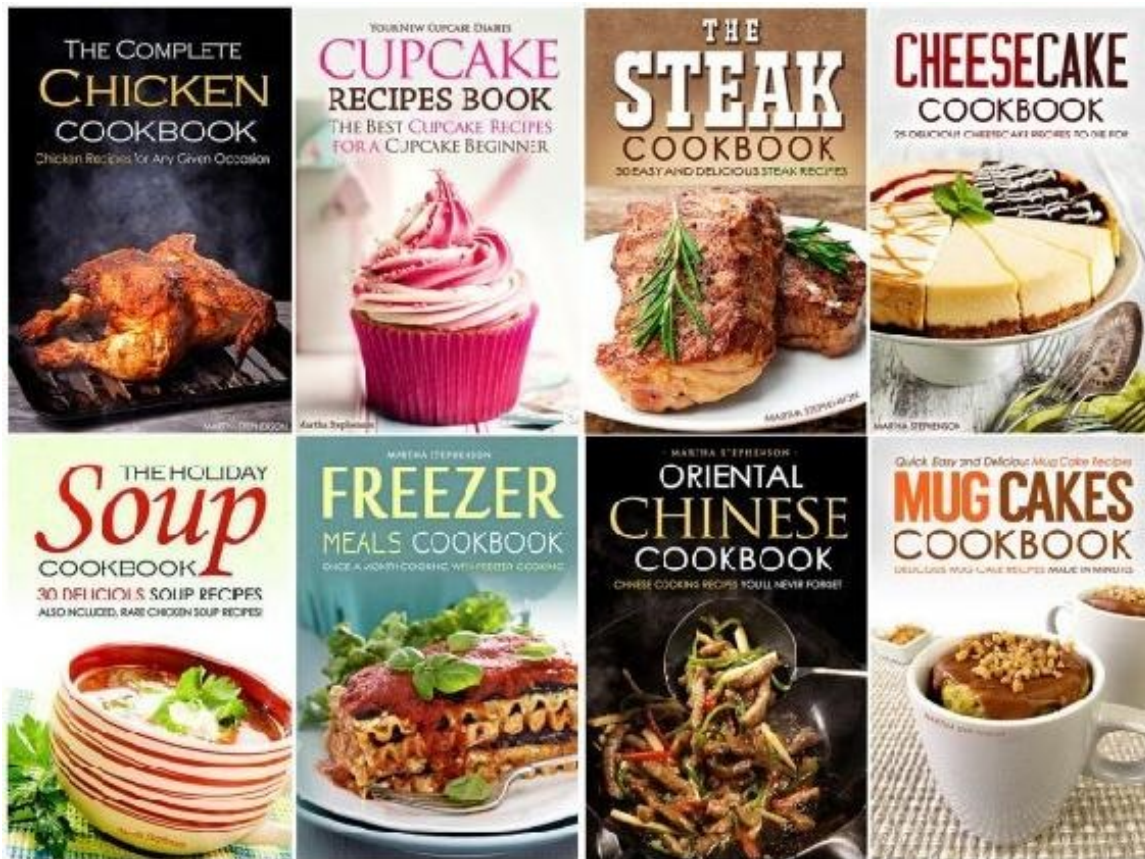


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# Table of Contents

[Introduction](#)

[Baked Lemon and Butter Tilapia](#)

[Simple Baja Fish Tacos](#)

[Buttered Skillet Cod](#)

[Simple Teriyaki Salmon](#)

[Pan Seared Cod with White Wine Tomato Sauce](#)

[Shrimp and Potato Chowder](#)

[Parmesan Tilapia](#)

[Honey and Pecan Crusted Salmon](#)

[Simple Fish Tacos](#)

[Baked Italian Halibut](#)

[Country Fried Fish](#)

[Classic Southern Fish Fry](#)

[Garlic Butter Trout in Foil](#)

[Easy Fish Stew](#)

[Tilapia Smothered in a Roasted Pepper Sauce](#)

[Cajun Mahi Mahi with Sweet Salsa](#)

[Sweet Chili Salmon](#)

[Garlic and Butter Shrimp with Rice](#)

[Thai Pineapple Salmon](#)

[Blackened Fish Burger with Sriracha Mayonnaise](#)

[Shrimp Stuffed Avocado](#)

[Brazilian Fish Stew](#)

[Orange and Maple Baked Salmon](#)

[Cilantro and Lime Halibut](#)

[Blackened Fish Tacos](#)

[Conclusion](#)

[About the author](#)

[Free Bonus Cookbooks](#)

[Author's Afterthoughts](#)



# Introduction



Making fish is not as complicated of a process as many people would believe. While it may differ slightly from making chicken or pork, it is not so different that it would make it impossible. With the proper skills and cooking equipment, making fish from scratch can be incredibly easy. So, if you are looking to enjoy a type of meat that is leaner and much healthier for you, then fish is the type of meat you will definitely want to prepare.

If you want to learn how to properly prepare fish, then this is the perfect book for you. Inside the various pages of this book, you will learn how to prepare fish by using proper cleaning, scaling and cooking technique special to fish only. You will learn how to do so with the help of over 25 fish recipes that will rival those of even the most popular five-star seafood restaurants.

So, let's stop wasting time. Let's get cooking!



# Baked Lemon and Butter Tilapia



This is an easy and delicious fish recipe that you can make with ease, regardless of your cooking experience. Serve this tilapia dish with some mashed potatoes for the tastiest results.

**Makes:** 4 servings

**Total Prep Time:** 20 minutes

**Ingredients:**

- ¼ cup of unsalted butter, melted
- 3 cloves of garlic, minced
- 2 Tbsp. of lemon juice
- 1 lemon, zested
- 4, 6 ounce tilapia fillets
- Dash of salt and black pepper
- 2 Tbsp. of parsley, chopped

**Directions:**

1. Preheat the oven to 425 degrees. Grease a large baking dish with cooking spray.
2. In a small bowl, add in the melted butter, minced garlic, lemon juice and fresh lemon zest. Stir well to mix and set the mixture aside.
3. Season the tilapia fillets with a dash of salt and black pepper. Place into the greased baking dish. Drizzle the butter mixture over the top.
4. Place into the oven to bake for 10 to 12 minutes or until the fillets are cooked through.
5. Remove and serve with a garnish of chopped parsley immediately.

# Simple Baja Fish Tacos



These delicious fish tacos are wrapped in a warm tortilla and topped off with fresh cabbage, white sauce and pico de gallo, making it a dish I know you will fall in love with.

**Makes:** 12 to 15 servings

**Total Prep Time:** 1 hour

**Ingredients for the tacos:**

- 1 ½ pounds of halibut
- 15 corn tortillas
- Vegetable oil, as needed

**Ingredients for the batter:**

- 24 Ritz crackers, crushed
- ½ cup of panko breadcrumbs
- 1 ½ tsp. of baking powder
- 1 ½ tsp. of powdered chili
- 1 cup of all-purpose flour

- 1 tsp. of ground cumin
- 1 tsp. of salt
- ½ tsp. of powdered garlic
- ½ tsp. of powdered onion
- ¼ tsp. cayenne pepper
- 1 egg
- 1 ½ cups of sprite soda

**Ingredients for garnish:**

- Cabbage, shredded
- Avocados, chopped
- Salsa, mild
- Lime juice, fresh
- Hot sauce

**Ingredients for the pico de gallo:**

- 4 Roma tomatoes, chopped
- ½ of a white onion, chopped
- 1 cup of cilantro, minced
- 1 Tbsp. of lime juice
- Dash of salt

**Ingredients for the white sauce:**

- 1 cup of sour cream
- 1 cup of mayonnaise
- 2 Tbsp. of lime juice
- ½ tsp. of ground cumin
- ½ tsp. of powdered garlic
- ¼ tsp. of salt
- Hot sauce

**Directions:**

1. In a medium bowl, add in all of the ingredients for the white sauce. Whisk until evenly mixed. Cover and set into the fridge to chill.
2. In a separate medium bowl, add in all of the ingredients for the pico de gallo. Stir well to mix. Cover and place into the fridge until ready for use.
3. Place a large skillet over medium heat. Add in one teaspoon of vegetable oil. Once hot, add in a tortilla. Cook for 20 seconds or until golden brown. Repeat

with the remaining tortillas.

4. In a large bowl, add in all of the ingredients for the batter. Stir well until creamy in consistency.

5. Slice the fish fillets into thin strips. Pat dry with a few paper towels and add into the batter. Toss to coat gently.

6. Place a large pan over medium to high heat. Fill with 1 inch of oil. Heat the oil to 375 degrees. Once the oil is hot, add in the fish strips. Cook for 3 to 5 minutes or until the fish is golden brown. Remove and place onto a large plate lined with paper towels to drain.

7. Add the cooked fish strips to the cooked tortillas. Top off with the shredded cabbage, fresh pico de gallo and fresh lime juice over the top. Drizzle the white sauce over the filling. Serve immediately.

# Buttered Skillet Cod



This is a delicious seafood dish you can make whenever you are craving seafood. It is perfect to make when you need to impress your friends and family.

**Makes:** 2 to 4 servings

**Total Prep Time:** 10 minutes

## **Ingredients for the cod:**

- 1 ½ pounds of fresh cod
- 6 Tbsp. of unsalted butter, thinly sliced

## **Ingredients for the seasoning:**

- ¼ tsp. of powdered garlic
- ½ tsp. of salt
- ¼ tsp. of black pepper
- ¾ tsp. of smoked paprika
- Lemon slices, fresh
- Cilantro, chopped

## **Directions:**

1. In a small bowl, add in all of the ingredients for the seasoning except for the

lemon slices. Stir well until evenly mixed.

2. Slice the cod fillets into small pieces. Season with the seasoning mixture.

3. In a large skillet set over medium to high heat, add in two tablespoons of butter. Once the butter is melted, add in the cod fillets. Cook for 2 minutes.

4. Reduce the heat to low and add in the remaining butter. Continue to cook for another 3 to 5 minutes or until the cod is cooked through.

5. Removed and serve with a drizzling of lemon juice over the top.



# Simple Teriyaki Salmon



If you love the taste of classic teriyaki chicken, then this is the perfect dish for you to put together. For the best results, be sure to serve this dish with homemade white rice and your favorite vegetables.

**Makes:** 4 servings

**Total Prep Time:** 20 minutes

**Ingredients:**

- 1 Tbsp. of vegetable oil
- 4 salmon fillets, skinless
- 1 clove of garlic, minced
- ½ tsp. of ginger, minced
- ¼ cup of low sodium soy sauce
- 1/8 cup of water
- 2 to 3 Tbsp. of light brown sugar
- 1 Tbsp. of rice wine vinegar

- 1 tsp. of sesame oil
- 1 tsp. of cornstarch
- 1 Tbsp. of water
- Green onions, thinly sliced and for garnish
- Sesame seeds, toasted and for garnish

**Directions:**

1. In a medium bowl, add in the minced garlic, minced ginger, soy sauce, water, light brown sugar, vinegar and sesame oil. Stir well to mix.
2. Add half of the marinade into a large Ziploc bag. Pour the remaining half of the marinade into a small saucepan. Set the marinade aside.
3. Add the salmon fillets into a large Ziploc bag. Seal the bag and set aside to marinate for 30 minutes.
4. Place a large skillet over medium heat. Add in 1 to 2 tablespoons of vegetable oil. Once hot, remove the salmon fillets from the marinade and place into the skillet. Cook for 3 to 5 minutes on each side or until the salmon is cooked through.
5. Set the small saucepan over medium heat. Bring to a simmer.
6. In a small bowl, add in the cornstarch and water. Whisk until smooth in consistency. Pour into the saucepan and cook for 2 to 3 minutes or until thick in consistency. Remove from heat.
7. Serve the salmon with a drizzling of the teriyaki sauce poured over the top. Garnish with the sesame seeds and sliced green onions.

# Pan Seared Cod with White Wine Tomato Sauce



This is a quick and easy cod dish you can make whenever you want to spoil your family with something delicious. Use the freshest ingredients for the best results.

**Makes:** 4 servings

**Total Prep Time:** 40 minutes

## **Ingredients for the tomato sauce:**

- 2 Tbsp. of extra virgin olive oil
- ½ tsp. of crushed red pepper flakes
- 2 cloves of garlic, minced
- 1 pint of cherry tomatoes, sliced in half
- ¼ cup of white wine, dried
- ½ cup of basil, chopped
- 2 Tbsp. of lemon juice
- ½ tsp. of lemon zest
- ½ tsp. of salt
- ¼ tsp. of black pepper

## **Ingredients for the cod:**

- 2 Tbsp. of extra virgin olive oil
- 1 ½ pounds of cod, cut into 4 fillets
- Dash of salt and black pepper

**Directions:**

1. Preheat the oven to 375 degrees.
2. Place a large skillet over medium heat. Add in the olive oil. Once hot, add in the crushed red pepper flakes and minced garlic. Stir well to mix and cook for 1 minute or until the garlic is fragrant.
3. Add in the cherry tomato halves. Cook for 10 to 12 minutes or until the tomatoes are soft. Add in the dried white wine and bring the mixture to a simmer.
4. Add in the chopped basil, lemon juice, fresh lemon zest, dash of salt and black pepper. Stir well to mix. Cook for 2 minutes. Remove from heat and transfer the sauce into a medium bowl.
5. Place a large skillet over medium heat. Add in two tablespoons of the olive oil. Season the cod on both sides with a dash of salt and black pepper. Transfer into the skillet and cook for 5 minutes on each side or until golden brown.
6. Remove from heat. Serve the cod with the sauce poured over the top.

# Shrimp and Potato Chowder



This is a hearty and delicious chowder dish you can make whenever you need something warm on a cold winter's night.

**Makes:** 4 servings

**Total Prep Time:** 40 minutes

## **Ingredients:**

- $\frac{3}{4}$  cup of bacon, sliced thinly
- $\frac{1}{2}$  cup of celery, chopped
- $\frac{1}{2}$  cup of onion, chopped
- 1 clove of garlic, minced
- 3 cups of chicken broth
- 3 cups of potato chunks, chopped
- 1 pound of shrimp, shells and tail removed
- 1 tsp. of parsley, chopped
- $\frac{1}{4}$  tsp. of parsley, chopped
- $\frac{1}{4}$  tsp. of crushed red pepper flakes
- 1 cup of whole milk
- $\frac{1}{2}$  cup of heavy whipping cream
- Dash of salt and black pepper

## **Directions:**

1. Place a large stockpot over medium heat. Add in the bacon and cook for 10 minutes or until cooked through. Add in the chopped celery, chopped onion and minced garlic. Stir well to mix and continue to cook for 5 minutes or until the onions are translucent.
2. Add in the chicken broth and chopped potato chunks. Stir well to mix. Continue to cook for 10 minutes.
3. Reduce the heat to medium. Add in the shrimp, chopped parsley and crushed red pepper flakes. Stir well to evenly mix. Add in the whole milk and heavy whipping cream. Stir well to evenly incorporate. Cook for 10 minutes.
4. Season with a dash of salt and black pepper.
5. Remove from heat and serve immediately.



# Parmesan Tilapia



This is a simple and delicious tilapia recipe that you can make whenever you are craving authentic Italian cuisine. Best of all, it can be ready on your table in just under 20 minutes.

**Makes:** 4 servings

**Total Prep Time:** 20 minutes

**Ingredients:**

- ¾ cup of parmesan cheese, grated
- 2 tsp. of smoked paprika
- 1 Tbsp. of parsley, chopped
- ¼ tsp. of salt, optional
- 1 Tbsp. of extra virgin olive oil
- 4 tilapia fillets
- 1 lemon, cut into wedges

**Directions:**

1. Preheat the oven to 400 degrees. Line a large baking sheet with a sheet of



aluminum foil.

2. In a medium bowl, add in the grated parmesan cheese, smoked paprika, chopped parsley and dash of salt. Stir well to mix.
3. Drizzle the tilapia fillets with extra virgin olive oil until coated. Dredge in the cheese mixture and toss to coat.
4. Transfer onto the prepared baking sheet.
5. Place into the oven to bake for 10 to 12 minutes.
6. Remove and serve immediately with the lemon wedges.

# Honey and Pecan Crusted Salmon



This is a delicious salmon dish that you can make whenever you are craving something especially filling. One bite of this salmon and I know you will become hooked.

**Makes:** 4 servings

**Total Prep Time:** 20 minutes

**Ingredients:**

- 4, 6 ounce salmon fillets
- 1 ½ cup of pecans, chopped
- 1 ½ Tbsp. of pesto
- 1 ½ Tbsp. of honey
- 1 Tbsp. of lemon juice
- 1 tsp. of sea salt
- 1 tsp. of black pepper
- 1 tsp. of powdered garlic

**Directions:**

1. Preheat the oven to 425 degrees. Line a large baking sheet with a sheet of aluminum foil. Grease with cooking spray. Set the baking sheet aside.
2. Place the salmon onto the baking sheet. Pat dry with a few paper towels.
3. In a medium bowl, add in the pesto, honey and fresh lemon juice. Stir well to mix.
4. In a separate small bowl, add in the sea salt, dash of black pepper and powdered garlic. Stir well to mix.
5. Season both sides of the salmon fillets with the sea salt mixture. Brush with the honey and pesto mixture and place onto the baking sheet. Sprinkle the chopped pecans over the top.
6. Place into the oven to bake for 10 minutes.
7. Remove and sprinkle the lemon juice and honey mixture over the top before serving.

# Simple Fish Tacos



This is a delicious and flavored packed taco dish that I know you will fall in love with. Feel free to serve these tacos with your favorite toppings.

**Makes:** 4 servings

**Total Prep Time:** 25 minutes

**Ingredients for the Lime Crema:**

- ¼ cup of sour cream
- 3 Tbsp. of mayonnaise
- 1 Tbsp. of lime juice
- ½ of a lime, zest
- ¼ tsp. of salt
- Ingredients for the slaw:
- 2 cups of cabbage, shredded
- ¼ cup of cilantro, chopped

- ½ of a green onion, thinly sliced
- 1 clove of garlic, minced

### **Ingredients for the tacos:**

- 2 Tbsp. of vegetable oil
- 1 Tbsp. of lime juice
- 2 tsp. of ground cumin
- 2 tsp. of smoked paprika
- 1 tsp. of ground coriander
- ½ tsp. of powdered red pepper
- ½ tsp. of powdered garlic
- ¼ tsp. of salt
- ¼ tsp. of black pepper
- 1 pound of cod
- 8, 6 inch soft tortillas
- 1 avocado, thinly sliced

### **Directions:**

1. In a small bowl, add in all of the ingredients for the crema. Whisk until evenly mixed. Set the mixture aside.
2. In a large bowl, add in all of the ingredients for the slaw. Stir well until evenly mixed. Set this mixture aside.
3. Preheat the oven to 425 degrees.
4. In a small bowl, add in the vegetable oil, lime juice, ground cumin, smoked paprika, ground coriander, powdered red pepper, powdered garlic, dash of salt and dash of black pepper. Stir well to mix.
5. Dip the fish in the marinade until wet on all sides. Place onto a large baking sheet and set into the fridge to marinate for 15 minutes.
6. Place into the oven to bake for 8 to 10 minutes or until the cod flakes easily with a fork. Remove and transfer to a large plate. Chop into small pieces.
7. Heat the soft tortillas. Divide the chopped fish among the tortillas.
8. Top off with the avocados and ¼ of the slaw. Pour 1 to 2 tablespoons of the crema over the top. Serve immediately.

# Baked Italian Halibut



This is a flavor packed fish dish that I know the entire family will be begging for. It is perfect to make during the holiday season.

**Makes:** 2 servings

**Total Prep Time:** 35 minutes

**Ingredients:**

- 2 halibut fillets, skins removed
- 1/3 cup of plain breadcrumbs
- ¼ tsp. of dried oregano
- ¼ tsp. of dried basil
- ¼ tsp. of powdered garlic
- 1 Tbsp. of parsley, chopped
- 1/8 tsp. of salt
- Dash of black pepper
- 1 Tbsp. of butter, melted
- Extra virgin olive oil, as needed

**Directions:**

1. Preheat the oven to 350 degrees.

2. In a medium bowl, add in the breadcrumbs, dried oregano, dried basil, powdered garlic, chopped parsley, dash of salt and dash of black pepper. Stir well to mix. Add in the melted butter and stir well to mix.
3. Add the halibut fillets into the breadcrumb mixture. Toss to coat on all sides and place into a large baking dish.
4. Drizzle the olive oil over the top of the fillets.
5. Place into the oven to bake for 20 to 30 minutes or until the fillets are cooked through.
6. Remove and serve immediately.



# Country Fried Fish



If you are craving homemade country food, then this is the perfect dish for you to make. It is ready in just a few minutes so you can feed the entire family in no time.

**Makes:** 4 servings

**Total Prep Time:** 15 minutes

**Ingredients:**

- 1 pound of whitefish fillets, boneless and skinless
- 4 tsp. of vegetable oil
- 4 Tbsp. of seasoned breadcrumbs
- 1 Tbsp. of lemon juice
- ½ tsp. of smoked paprika
- ¼ tsp. of salt
- ¼ tsp. of black pepper
- Lemon wedges, thinly sliced

**Directions:**

1. Preheat the oven to 450 degrees.

2. In a medium shallow dish, add in the vegetable oil and fresh lemon juice.
3. On a separate large plate, add in the seasoned breadcrumbs, dash of salt, smoked paprika and dash of black pepper. Stir well to mix.
4. Brush each fish fillet with the vegetable oil mixture. Dredge on all sides in the bread mixture until coated on all sides. Transfer onto a large baking sheet.
5. Place into the oven to bake for 8 to 10 minutes or until golden brown.
6. Remove and serve the fillets immediately with the lemon wedges.

# Classic Southern Fish Fry



This is a delicious homecooked southern dish that you can make with ease in your own home. It is packed full of a southern taste that is nearly impossible to resist.

**Makes:** 5 to 6 servings

**Total Prep Time:** 20 minutes

**Ingredients:**

- 10 catfish fillets
- 2 cups of cornmeal
- 2 cups of all-purpose flour
- 2 eggs, lightly beaten
- 2 Tbsp. of yellow mustard
- ½ cup of hot sauce
- 2 Tbsp. of creole seasoning
- 1 Tbsp. of black pepper
- 1 Tbsp. of powdered garlic
- 1 Tbsp. of powdered onion

- 1 Tbsp. of smoked paprika
- Dash of cayenne pepper
- Lemon, cut into wedges and for serving
- Vegetable oil, as needed
- Hot sauce, for drizzling and serving

**Directions:**

1. Rinse the catfish fillets and pat dry with a few paper towels. Slice into thin strips and transfer into a large bowl.
2. Place a large saucepan over medium heat. Add in 1 to 2 tablespoons of vegetable oil. Heat up the oil until it reaches 350 degrees.
3. In a medium bowl, add in the creole seasoning, dash of black pepper, powdered garlic, powdered onion, smoked paprika and dash of cayenne pepper. Stir well to evenly mix.
4. In a large Ziploc bag, add in the cornmeal, all-purpose flour and two tablespoons of the seasoning mixture. Stir well to mix.
5. In a separate large bowl, add in the remaining spice mixture, hot sauce, beaten eggs and yellow mustard. Stir well until even mix.
6. Dip the catfish strips in the batter. Transfer immediately into the Ziploc bag and shake well to coat. Place into the saucepan with the hot oil. Fry for 4 to 5 minutes on each side or until golden brown. Remove and transfer to a large plate lined with paper towels to drain.
7. Serve with the fresh lemon wedges.

# Garlic Butter Trout in Foil



There is no other fish dish that is as easy to make as this one. It is so easy to make, even those with no cooking experience will be able to make it without breaking a sweat.

**Makes:** 2 servings

**Total Prep Time:** 30 minutes

## **Ingredients:**

- 1 pound of steelhead trout fillet, skin removed
- 2 Tbsp. of butter
- ½ of a lemon, juiced
- 1 to 2 cloves of garlic, minced
- 1 tsp. of parsley, minced and optional
- Dash of salt and black pepper

## **Directions:**

1. Preheat the oven to 375 degrees. Line a large baking sheet with a sheet of foil and coat with cooking spray.

2. Place the trout fillet directly into the center of the aluminum foil. Season with a dash of salt and black pepper. Squeeze the fresh lemon juice over the fish.
3. In a small bowl, add in the butter. Microwave for 30 seconds until melted. Add in the minced garlic and stir well to mix. Pour over the fish fillet. Top off with the parsley.
4. Fold the aluminum foil over the trout to form a packet.
5. Place into the oven to bake for 15 to 20 minutes or until cooked through.
6. Remove and serve immediately.



# Easy Fish Stew



This is a delicious stew dish that you can make whenever you need something to help you from feeling under the weather. Be sure to serve this with some fresh bread for the tastiest results.

**Makes:** 4 servings

**Total Prep Time:** 30 minutes

**Ingredients:**

- 6 Tbsp. of extra virgin olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2/3 cup of parsley, chopped
- 1 ½ cups of tomato, chopped
- 2 tsp. of tomato paste, optional
- 1, 8 ounce can of clam juice
- ½ cup of dried white wine



- 1 ½ pound of cod fillets
- Dash of dried oregano
- Dash of dried thyme
- 1/8 tsp. of Tabasco sauce
- Dash of black pepper
- Dash of salt

**Directions:**

1. Place a large pot over medium to high heat. Add in the olive oil. Once hot, add in the onion and cook for 5 minutes. Add in the garlic and continue to cook for an additional minute.
2. Add in the chopped parsley, chopped tomato and tomato paste. Stir well to incorporate. Cook for 10 minutes.
3. Add in the clam juice, dried white wine and the cod fillets. Stir well to mix.
4. Bring the mixture to a simmer. Simmer for 3 to 5 minutes or until the fish easily flakes with a fork.
5. Season with the dried oregano, dried thyme, tabasco sauce, dash of black pepper and dash of salt.
6. Remove from heat and serve immediately.

# Tilapia Smothered in a Roasted Pepper Sauce



If you are looking for a dish that you can make to impress your friends and family, then this is the perfect dish for you to make. Serve this dish with freshly baked bread for the tastiest results.

**Makes:** 4 servings

**Total Prep Time:** 30 minutes

## **Ingredients:**

- 1 pound of tilapia fillets
- 3 tsp. of butter, soft
- 1 onion, chopped
- 2 cloves of garlic, minced
- 6 ounces of roasted red bell peppers, chopped
- 6 ounces of roasted green bell peppers, chopped
- 6 ounces of red bell peppers, roasted and pureed
- $\frac{3}{4}$  cup of heavy whipping cream
- $\frac{1}{2}$  cup of Parmesan cheese, grated
- Dash of salt and black pepper
- Parsley, chopped and for garnish

## **Directions:**

1. In a large skillet set over medium heat, add in two tablespoons of soft butter. Once the butter is melted, add in the tilapia. Cook for 3 to 5 minutes on each side or until the fish is cooked through.
2. Season the fish fillets with a dash of salt and black pepper. Remove and set onto a large plate. Set aside.
3. In the same skillet, add in the remaining tablespoon of soft butter. Once melted, add in the chopped onion. Cook for 5 minutes or until soft.
4. Add in the minced garlic and chopped and pureed roasted bell peppers. Stir well to mix. Continue to cook for 5 minutes.
5. Add in the heavy whipping cream and grated parmesan cheese. Stir well to mix.
6. Remove the skillet from heat and add in the tilapia. Coat with the sauce.
7. Serve with a garnish of the chopped parsley and grated Parmesan cheese.

# Cajun Mahi Mahi with Sweet Salsa



This is the perfect dish to make during the summer holiday season. It is gluten free so those with allergies will be able to enjoy this dish without guilt.

**Makes:** 3 servings

**Total Prep Time:** 15 minutes

## **Ingredients for the mahi mahi:**

- 1 ½ pounds of mahi mahi fillets
- 1 Tbsp. of Cajun seasoning
- ½ Tbsp. of powdered garlic
- 2 Tbsp. of grapeseed oil

## **Ingredients for the salsa:**

- 1 cup of tomatoes, chopped
- 1 mango, chopped
- ¼ cup of red onion, chopped
- ¼ cup of cilantro, chopped
- 1 lime, juice
- Dash of salt

## **Directions:**

1. In a small bowl, add in the chopped pineapple, chopped mango, chopped red onion, chopped cilantro, fresh lime juice and dash of salt. Stir well to mix and set the salsa aside.
2. In a separate small bowl, add in the Cajun seasoning and powdered garlic. Stir well to mix.
3. Pat the mahi mahi fillets dry with a few paper towels. Season with a dash of Cajun seasoning.
4. Place a large skillet over medium to high heat. Add in the grapeseed oil. Once hot, add in the mahi mahi fillets. Cook for 2 to 3 minutes on each side or until cooked through. Remove from the skillet and set aside to cool for 1 minute.
5. Serve the fillets with the pineapple salsa.

# Sweet Chili Salmon



If you need to whip up dinner in a hurry, then this is the perfect dish for you to make. It is so easy to make, it only takes 10 minutes to whip up.

**Makes:** 4 servings

**Total Prep Time:** 15 minutes

**Ingredients:**

- 4 salmon fillets
- Vegetable oil, for searing

**Ingredients for the marinade:**

- ¼ cup of liquid aminos
- 1 handful of baby spinach, chopped
- 1 tsp. of black pepper
- 2 tsp. of crushed red pepper flakes, optional

**Ingredients for topping:**

- ¼ cup of chili sauce

- 2 tsp. of sesame oil
- 1 tsp. of liquid aminos

**Directions:**

1. In a small bowl, add in all of the ingredients for the marinade. Stir well to mix and set aside.
2. In a separate small bowl, add in the ingredients for the topping. Stir well to mix.
3. Place a large frying pan over medium heat. Add in 1 to 2 tablespoons of vegetable oil.
4. Coat the salmon fillets in the marinade. Stir well to mix and transfer immediately into the frying pan. Sear on both sides for 2 to 4 minutes or until cooked through. Remove and transfer onto a large plate. Cover with a sheet of aluminum foil and set aside to rest for 5 minutes.
5. Serve with the chili sauce topping drizzled over the top.



# Garlic and Butter Shrimp with Rice



This is a simple one pot dish that you can make whenever you are craving something easy. It is great for those who are craving shrimp.

**Makes:** 6 servings

**Total Prep Time:** 20 minutes

**Ingredients:**

- 1 cup of white rice
- 6 Tbsp. of butter, soft
- 3 to 4 cloves of garlic, minced
- 1, 12 ounce bag of shrimp, cooked, peeled and deveined
- $\frac{1}{4}$  cup of parmesan cheese, shredded
- 3 Tbsp. of skim milk
- 2 Tbsp. of parsley, chopped
- Dash of salt and black pepper
- Parmesan cheese, shredded, for garnish and optional

**Directions:**

1. Prepare the white rice according to the directions on the package.
2. In a skillet set over medium to high heat, add in the butter. Once the butter is melted, add in the garlic. Cook for 3 minutes or until light brown.
3. Add in the shrimp and cook for an additional minute.
4. Add in the cooked rice and stir well to mix.
5. Add in the shredded parmesan cheese, skim milk, chopped parsley, dash of salt and dash of black pepper. Stir to mix. Cook for 1 to 2 minutes or until creamy in consistency.
6. Remove from heat and serve with a garnish of shredded parmesan cheese.

# Thai Pineapple Salmon



If you are craving a fish dish that is healthy, then this is the perfect dish for you to make. Smothered in a sweet and spicy sauce, this is one dish that won't disappoint.

**Makes:** 4 to 6 servings

**Total Prep Time:** 30 minutes

**Ingredients:**

- 1, 2 pound salmon fillet
- Dash of salt and black pepper
- ½ cup of sweet chili sauce
- 4 Tbsp. of hoisin sauce
- 2 Tbsp. of rice wine vinegar
- 1, 14.5 ounce can of pineapple slices, all but ¼ cup of the juice drained
- 3 Tbsp. of peanuts, chopped
- Cilantro, chopped

**Directions:**

1. Preheat the oven to 375 degrees. Line a large baking sheet with a sheet of aluminum foil.
2. Place the salmon fillet into the center of the baking dish. Season with a dash of salt and black pepper. Place the pineapple slices underneath the salmon fillets.
3. In a medium bowl, add in the chili sauce, hoisin sauce, vinegar and  $\frac{1}{4}$  cup of the pineapple juice. Whisk until evenly mixed. Pour this mixture over the salmon fillet and fold the edges of the sheet of aluminum foil around the salmon.
4. Place into the oven. Bake for 15 minutes. Increase the heat of the oven to broil and continue to bake for 5 to 10 minutes or until the edges begin to blacken.
5. Remove from the oven.
6. Serve with the chopped cilantro and chopped peanuts over the top.

# Blackened Fish Burger with Sriracha Mayonnaise



This is a delicious and easy meal that you can make any night of the week. It is incredibly healthy for you and is packed full of a delicious flavor that you won't be able to get enough of.

**Makes:** 1 serving

**Total Prep Time:** 15 minutes

## **Ingredients for the rub:**

- ¼ tsp. of cayenne pepper
- ½ tsp. of black pepper
- 1 tsp. of smoked paprika
- 1 tsp. of salt
- ½ tsp. of powdered garlic
- ½ tsp. of powdered onion
- ½ tsp. of ground oregano
- ½ tsp. of ground cumin

**Ingredients for the burgers:**

- 4, 6 ounce sea bass filets
- ½ to ¾ cup of purple cabbage, chopped
- 1 Tbsp. of grapeseed oil
- 2 tsp. of salt
- ¼ cup of arugula
- 1 brioche bun

**Ingredients for the mayo:**

- 3 Tbsp. of mayonnaise
- ½ Tbsp. of Sriracha sauce

**Directions:**

1. Preheat the oven to 450 degrees.
2. In a small bowl, add in all of the ingredients for the rub. Stir well to mix.
3. Pat the sea bass fillet with a few paper towels. Season the fillets with a teaspoon of the rub.
4. In a separate medium bowl, add in the chopped purple cabbage, grapeseed oil and dash of salt. Toss well to mix.
5. In a small bowl, add in the ingredients for the mayo. Stir well until smooth in consistency.
6. Place the sea bass fillets with the skin side facing down onto a large baking sheet lined with a sheet of aluminum foil. Add the shredded cabbage to another side of the baking sheet. Transfer into the oven to bake for 5 minutes or until the fish is cooked on both sides and the cabbage is crispy.
7. Butter one side of the brioche bun and place into the oven to toast for 2 to 3 minutes.
8. Remove the bun, fish and cabbage from the oven.
9. On the bottom half of the brioche bun and spread as much of the sriracha mayonnaise. Top off with the chopped purple cabbage and fish. Add the arugula and top with the top bun. Serve immediately.

# Shrimp Stuffed Avocado



This is a classic Mexican dish I know you will want to make in your home over and over again. Made with just 7 grams of carbs, this is a dish that is perfect for those who need to follow a strict low carb diet.

**Makes:** 10 to 12 servings

**Total Prep Time:** 45 minutes

## **Ingredients:**

- 1 pound of shrimp, cooked and chopped
- 1 cup of tomatoes, chopped
- ½ cup of cucumber, chopped
- ½ cup of red onions, chopped
- 1 to 2 jalapeno peppers, seeds removed and chopped
- ¼ cup of cilantro, chopped
- 3 Tbsp. of cocktail sauce
- 2 Tbsp. of hot sauce
- 2 to 3 Tbsp. of lime juice
- ¼ tsp. of cayenne pepper



- Dash of salt and black pepper
- 5 to 6 avocados, fresh

**Directions:**

1. In a large bowl, add in the cooked shrimp, chopped cucumbers, chopped red onions, chopped cilantro and cocktail sauce. Toss well to mix.
2. Add in the jalapeno peppers, hot sauce, fresh lime juice and cayenne pepper. Stir well to mix.
3. Season with a dash of salt and black pepper.
4. Cover and set into the fridge to chill for 30 minutes.
5. Slice the avocados in half. Remove the pit of the avocado.
6. Spoon 1 to 2 tablespoons of the shrimp filling into the avocados. Serve immediately or set into the fridge to chill until ready.

# Brazilian Fish Stew



With the use of this recipe, you won't ever have to travel to Brazil in order to enjoy it. It is incredibly easy to make and makes for an exotic dish you can serve up to your friends and family.

**Makes:** 2 to 3 servings

**Total Prep Time:** 35 minutes

## **Ingredients for the fish:**

- 1 pound of whitefish fillets, cut into small pieces
- 1 Tbsp. of lime juice
- ¼ tsp. of salt
- Dash of black pepper
- 1 Tbsp. of extra virgin olive oil

## **Ingredients for the broth:**

- 1 ½ Tbsp. of extra virgin olive oil
- 2 cloves of garlic, minced
- 1 onion, chopped
- 1 red bell pepper, cut into halves and thinly sliced

- 1 ½ tsp. of white sugar
- 1 tbsp. of powdered cumin
- 1 Tbsp. of smoked paprika
- 1 tsp. of cayenne pepper
- ½ tsp. of salt
- 1, 14 ounce can of coconut milk
- 1, 14 ounce can of tomatoes, crushed
- 1 cup of fish broth

**Ingredients for the garnish:**

- 1 Tbsp. of lime juice
- 3 Tbsp. of cilantro, chopped

**Directions:**

1. In a large bowl, add in the whitefish fillets, fresh lime juice, dash of salt and dash of black pepper. Stir well to mix. Cover with a sheet of plastic wrap and place into the fridge to chill for 20 minutes.
2. Place a large skillet over high heat. Add in one tablespoon of extra virgin olive oil. Once hot, add in the marinated fish. Cook for 5 to 10 minutes on both sides or until golden brown. Remove and set aside.
3. Reduce the heat to medium and add another 1 ½ tablespoon of olive oil. Once hot, add in the minced garlic and chopped onion. Stir well to mix. Cook for 5 minutes or until the onion is translucent.
4. Add in the red bell pepper. Cook for an additional 2 minutes.
5. Add in the white sugar, powdered cumin, smoked paprika, cayenne pepper, dash of salt, can of coconut milk, crushed tomatoes and fish broth. Stir well to mix and bring the mixture to a simmer.
6. Reduce the heat to low and cook for 15 to 20 minutes or until thick in consistency. Season with a dash of salt and black pepper.
7. Add in the lime juice and stir well to incorporate.
8. Remove from heat. Serve with a garnish of chopped cilantro.

# Orange and Maple Baked Salmon



This is the perfect fish recipe to make whenever you are craving something on the sweet side. Serve this with a fresh side salad for the tastiest results.

**Makes:** 4 servings

**Total Prep Time:** 20 minutes

**Ingredients:**

- 1 orange, zest and juice only
- ¼ cup of orange juice
- ¼ cup of maple syrup
- 6 Tbsp. of Dijon mustard
- 4, 6 ounce salmon fillets

**Directions:**

1. Preheat the oven to 400 degrees.
2. In a small saucepan, add in the fresh orange zest, fresh orange juice and maple syrup. Stir well to mix and set over medium to high heat. Cook for 3 to 5 minutes or until slightly thick in consistency.

3. Remove from heat and add in the Dijon mustard. Whisk until smooth in consistency.
4. Season the salmon fillets with a dash of salt and black pepper. Brush the glaze over the fillet. Transfer onto a large baking sheet.
5. Place into the oven to bake for 10 to 12 minutes or until cooked through.
6. Remove and serve with extra glaze drizzled over the top.

# Cilantro and Lime Halibut



If you are craving anything fresh for the summer season, then this is the perfect dish for you to make. Be sure to serve this halibut with a fresh salad for the tastiest results.

**Makes:** 2 servings

**Total Prep Time:** 15 minutes

**Ingredients:**

- 2, 6 ounce halibut fillets
- Dash of salt and black pepper
- 2 cloves of garlic, crushed
- ½ cup of dried white wine
- 1 tbsp. of cilantro, chopped
- 1 lime, juiced
- 1 tsp. of lime zest
- 2 Tbsp. of extra virgin olive oil

**Directions:**

1. Season the halibut fillets with a dash of salt and black pepper.
2. Grease a large skillet with extra virgin olive oil. Set over medium to high heat. Add in the halibut fillets and cook for 5 minutes on each side or until cooked through. Remove and set aside on a plate.
3. Add 1 tablespoon of olive oil into the skillet. Once hot, add in the garlic. Cook for 2 minutes before adding in the dried white wine, chopped cilantro, lime juice, fresh lime zest and another tablespoon of extra virgin olive oil. Stir well to mix. Cook for 2 minutes or until simmering.
4. Remove the skillet from heat.
5. Add in the halibut fillets and toss to coat.
6. Remove from heat and serve immediately.



# Blackened Fish Tacos



This is another great tasting taco dish you can make whenever you are craving tacos. Packed full of a Cajun taste that is impossible to resist.

**Makes:** 8 to 10 servings

**Total Prep Time:** 30 minutes

## **Ingredients:**

- 4,2 pound tilapia fillets
- 2 to 3 Tbsp. of Cajun seasoning
- ½ cup of tartar sauce
- 1 avocado, peeled and pitted
- 1 tbsp. of cilantro leaves, extra for garnish
- 3 limes, cut into quarters
- Dash of salt
- 2 cups of cabbage, shredded
- 16 to 20 corn tortillas
- ¼ cup of vegetable oil

## **Directions:**

1. Preheat the oven to 425 degrees. Lay a sheet of aluminum foil onto a large baking sheet.
2. Trim the tilapia fillets and season on both sides with the Cajun seasoning. Set aside.
3. In a small bowl, add in the tartar sauce, pitted avocado, chopped cilantro, lime juice and dash of salt. Stir well until evenly blended. Set aside.
4. In a separate medium bowl, add in the shredded cabbage, dash of salt and fresh lime juice. Toss well to mix.
5. Place the fillets into the oven to bake for 13 to 15 minutes or until the fish can flake off with a fork.
6. Grease a large skillet over medium to high heat with cooking spray. Add in the corn tortillas and cook for 1 to 2 minutes or until golden brown on both sides. Transfer to a large plate lined with paper towels.
7. In each tortilla, add a layer of the slaw and a few pieces of the baked tortillas. Add 1 to 2 tablespoons of the sauce and some fresh lime juice. Serve immediately.

# Conclusion

Well, there you have it!

Hopefully by the end of this book you have found plenty of fish recipes that you can make for the entire family to enjoy. Not only do I hope you feel inspired to make a variety of fish recipes, but have discovered for yourself how easy it is to make these types of dishes from the comfort of your own home. With the help of the 25 different fish recipes you have found in this book, this should be incredibly easy for you.

So, what is next for you?

The next step for you to take is to begin making all of the fish recipes you have discovered in this book for yourself. Once you have done that, it will be time for you to try your hand at making your own homemade fish recipes from scratch.

Good luck!

## About the author



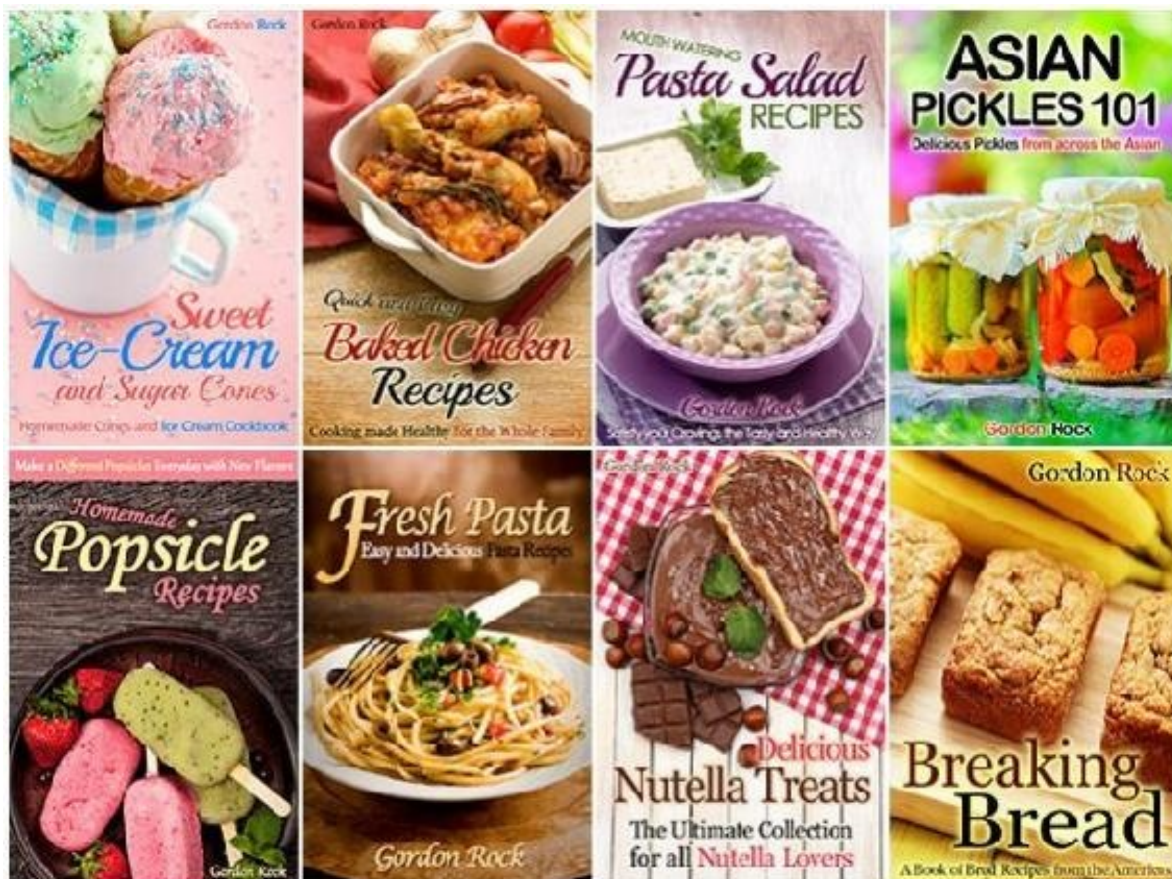
Gordon Rock is the author for hundreds of cookbooks on delicious meals that the 'average Joe' can attempt at home. Including, but definitely not limited to, the Amazon Prime bestseller "Smoking Meat: The Essential Guide to Real Barbecue".

Rock is also known for other well-known titles such as "Making Fresh Pasta", "Hot Sauce", "The Paleo Chocolate Lovers" and "Vegan Tacos", just to name a

few.

Rock has been nominated for various awards and has recently been offered a 'Question & Answers' column in Food and Wine Magazine that will give him a greater medium to respond to all the queries readers may have after attempting his recipes. He has also been honored by the Institution of Culinary Excellence for his outstanding recipes.

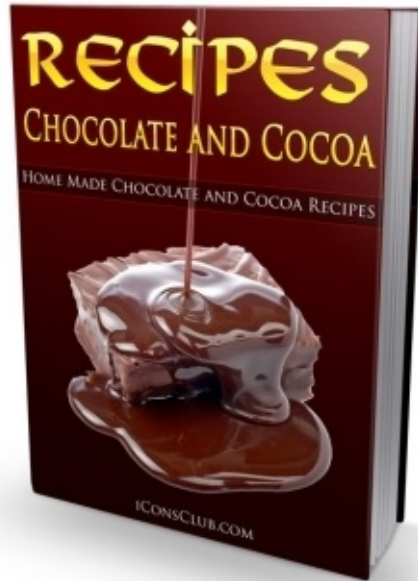
Gordon Rock grew up in the outskirts of Los Angeles in California, where he graduated from the Culinary Institute of America with honors. He still resides there along with his wife and three kids. He operates a non - profit organization for aspiring cooks who are unable to finance their culinary education and spends practically all his spare time either in the kitchen or around his desk writing.



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# Author's Afterthoughts



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