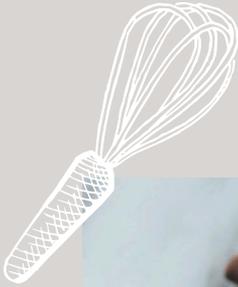


Invading your kitchen

recipes for
edible alien species



PICK THE ALIEN
EAT RESPONSIBLY





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recipes for
edible alien species



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EAT RESPONSIBLY

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Introduction

Since 2019, iSea, within the context of the project «Pick The Alien» has been promoting the consumption of edible marine alien species as a measure to mitigate their expansion, population increase and to reduce their impact on marine ecosystems.

Implementing informative seminars, gastronomic events, pilot use of novel fishing equipment and promoting targeted fishing of alien species in collaboration with professional and recreational fishers, we aim not only to promote the consumption of edible alien species, but to create responsible consumers through the replacement of species that need protection with edible marine alien species.

The vision of the project is to establish a strong alliance between all involved stakeholders (fishers, restaurateurs, chefs, fishmongers, consumers), aiming at the dynamic introduction of edible alien species into the food supply chain, with final recipients being the consumers' dishes. The introduction of these species will provide a new source of income for fishers, a source of inspiration for chefs, and an option for consumers with high nutritional value.

Our collaboration over the years with citizens and professionals who share the vision and goals of our actions is the basis of our efforts and gives us impetus and motivation to continue with the aim of environmental, social and economic well-being of coastal communities, but also holistic sustainable development.

Nikoletta Sidiropoulou

Project Manager «Pick The Alien», Environmental Organisation iSea

Blue Marine Foundation is very happy to be partner with iSea and participate in the "Pick The Alien" project. As our mission is to protect and restore the health of our seas, we cannot ignore such a serious issue like the invasion of alien species and their impact on the marine environment. It is a complex problem, which can be attributed to a number of causes (Suez Canal, climate crisis, degradation of marine ecosystems and overfishing) and therefore needs a combination of interventions and solutions to tackle it. «Pick The Alien» approaches the issue holistically by attempting to raise awareness among all stakeholders not only about invasive species but also about overfishing in the Greek seas and the decrease of many fish species (such as grouper, swordfish and tuna) and by promoting a more responsible seafood consumption. At the same time, it turns a threat (alien species) into an opportunity and an alternative solution for fishers, chefs and citizens so this seafood can enter the market and finally reach the plates of consumers, thus offering a realistic, tangible way to contribute positively to the protection of the seas.

Angela Lazou Dean,

Greece Projects Manager, Blue Marine Foundation

We are proud that in the context of this project we can join forces and collaborate with valuable partners, fishers, distinguished chefs and local associations of Cyclades to highlight the threat of alien species for local marine ecosystems, while promoting one of the appropriate solutions to the problem, which is none other than the interconnection of edible alien species with the market and their consumption. It is an absolute win-win practice, as fishers will have an incentive to exploit these species when they find them in their nets, thus stopping the hunt of other endangered species, moderating the population of alien species in our seas and providing fresh fish on our plate. We warmly thank the chefs for their delicious suggestions, don't hesitate to try them!

Annie Mitropoulou,

Director Cyclades Preservation Fund

"Atlantic blue crabs and lionfish are very tasty and it would be great to be able to buy more in the area!" (A visitor to the 'Pick The Alien' culinary event on Paxos). This potential customer would clearly be very willing to 'Pick the Alien and Eat Responsibly' if such species were readily available. iSea's project seeks to meet this market demand by strengthening the supply chain that would see these fish caught and supplied to fishmongers and taverna's to be cooked into beautiful local dishes. This recipe book shares locally inspired dishes with the aim of encouraging all cooks to engage positively with alien species: to see them pulled out of the seas and onto our plates, giving other native species a chance to thrive. The Ionian Environment Foundation is very proud to support this dynamic initiative, and all the associated actions that fuel the supply chain for the alien species, in an effort to protect, regenerate and conserve the Ionian Sea.

Victoria Turner,

Director Ionian Environment Foundation

"I find numerous spinefoots in my nets after fishing, and I do not know what to do with them" a fisher from Hydra told me when they were first observed in the Argolic Gulf. The project "Pick The Alien" provides an innovative solution to the appearance of these edible alien species in the region, which more and more fishers tend to catch accidentally. The project successfully promotes awareness raising and creates a new market by bringing together professional fishers, catering businesses, chefs and consumers. We already see delicious recipes added to the restaurant menus of some islands in the Argolic Gulf and we hope they will set an example for others. The recipe book will help promote edible species in our own kitchens and we thank the chefs for their delicious suggestions.

Mariela Antonakopoulou,

Director Argolic Environment Foundation

Velouté kakavia with lionfish

by chef
Natalia Gaspari



65'



Easy



6

INGREDIENTS

- 2 kg lionfish
- 2 onions large
- 5 potatoes large
- 4 lemon leaves
- 300 ml lemon juice
- olive oil
- salt
- pepper

INSTRUCTIONS

- Clean the fish, according to the "Preparation of Seafood" section.
- Cut the potatoes into medium pieces.
- Put the olive oil in a large pot and lightly sauté the potatoes and onions.
- Add salt, pepper, the lemon leaves and cover with water.
- Leave on low heat until the vegetables are well cooked.
- Add the fish and boil for another 20 minutes, adding also the lemon juice.
- Withdraw from heat, take out the fish and remove the bones.
- Mash the soup with the vegetables, while it is hot, until it becomes thick and has a velvety texture.
- Serve with the lionfish and sprinkle a little olive oil on top.



Bruschetta with spinefoot

by
«Food Cartel»



40'



Easy



1

INGREDIENTS

- 2 spinefoot fillets
- 3 tbsp. tomato peeled
- ½ tsp. parsley
- ½ tsp. dill
- ½ tsp. red pepper
- ½ tsp. spring onion
- ½ tsp. onion
- 2 pinches oregano
- 1 pinch salt
- 1 pinch white pepper
- 1 pinch black pepper
- 2 tbsp. olive oil
- bread

INSTRUCTIONS

- Clean the fish, according to the "Preparation of Seafood" section.
- Fillet, wash and place the spinefoot fillets in the steamer for 20 minutes.
- Afterwards, cut them into 4 strips.
- Cut the bread in a fish shape and toast it on the grill, lightly.
- Score a small tomato crosswise with a knife and boil it until it begins to peel, then grate it.
- Finely chop the parsley, the dill, the red pepper, the onion and the spring onion.
- Put the chopped ingredients in a bowl, add salt, white and black pepper, olive oil and mix them.
- Spread the mixture on the toasted bread and then place the strips of spinefoot on top.

Lionfish Burger

by
«Food Cartel»



40'



Easy



1

INGREDIENTS

- 2 lionfish fillets
- 100 gr. cooked peas
- 1/2 tbsp. dill
- 1 Brioche bread
- 1 tbsp. spring onion
- 1 egg white
- 1 tbsp. fennel chopped
sautéed
- 30 ml lemon juice
- 1 wild fig
- 1 Butterhead lettuce leaf
- 3 cherry tomatoes
- 1 tomato
- 1 Lollo Rosso leaf
- 100 ml olive oil
- 2 pinches salt
- 70 gr. bread crumbs
- 1 tsp. mustard
- 1 pinch white pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Mix the lemon juice with the olive oil until the mixture is homogenous and then mix it again in a blender until it gets creamy.

Sauté the fennel for a few minutes, remove it and keep it aside.

Boil the lionfish fillets for 20 minutes and remove them from water.

Make the lionfish burger using the boiled lionfish fillets, the mustard, the peas, the white pepper, the sautéed fennel, the salt, the egg white, the bread crumbs, the spring onion and the dill.

If desired, you can roast the patty for 1-2 minutes in the pan.

Place the burger on the brioche bun and garnish with parsley and the chopped and peeled tomato.

If you want, serve the burger with french fries of your choice.

Lionfish carpaccio with passion fruits

by chef
Alexander Untila



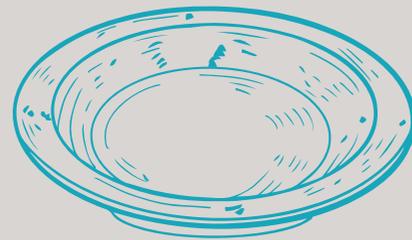
20'



Easy



1



INGREDIENTS

- 100 gr lionfish fillet
- 2 tbsp. virgin olive oil
- pepper
- ½ lime juice
- 1 chili pepper
- coriander leaves (for garnish)
- 2 tbsp. passion fruit juice
- salt
- 1 passion fruit's seeds

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Fillet the fish and cut it in small pieces.

Finely chop the coriander leaves and thinly slice the chili pepper into rings.

Spread the lionfish pieces in a bowl and add salt and pepper.

Then, mix all the ingredients and pour the lime and passionfruit juice on top (especially on the fish).

Let "cook" for a few minutes and serve.

Salad with Atlantic blue crab and spaghetti

by
«Food Cartel»



40'



Moderate



1



INGREDIENTS

- ½ pack of wholemeal penne or spaghetti of your choice
- 1 tbsp. parsley
- 30 gr grated gruyere
- 50 gr myzithra
- 70 ml olive oil
- 1 pinch white pepper
- 3 chives
- 2 pinches salt
- 2 carrots
- 1 tbsp. spring onion

INSTRUCTIONS

Clean and boil the blue crabs, according to the "Preparation of Seafood" section.

Finely chop the green part of the spring onion and the parsley and grate the carrots.

After boiling the pasta, according to the instructions on the pack, mix gently all the ingredients with the crabmeat and complete serving with grated gruyere on top.

Smoked salt spinefoot 'pasta' with blood orange and sumac

by chef
Jonathan Harnett



120'



Easy



4

INGREDIENTS

- spinefoot fillets, pin-bones carefully removed and skinned
- olive oil
- smoked salt
- 4 medium-sized sanguine blood oranges
- 1 fresh onion
- pinch fresh coriander
- sumac

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Clean the fish fillets and dry them completely using a paper towel.

Set aside.

Mix the smoked salt and sumac together in a 4:1 ratio (4 salt to 1 sumac).

Make sure you mix enough to completely cover/bury your fillets.

Place half the salt mixture in a glass container with a lid, put the fillets in a single layer on top of the salt, and cover with the other half of the mixture.

Press down slightly to make sure as much salt sumac mixture as possible is in contact with the fish.

Cover and put in the refrigerator for 1-2 hours.

Juice the blood oranges, strain the juice and bring to a boil in a small saucepan.

Lower the heat and reduce the juice slowly, stirring occasionally until it reaches a thick, almost syrupy consistency.

Remove from heat and set aside to cool.

Remove fillets from the salt and wash thoroughly.

Dry well with a paper towel, and slice into thin strips.

Drizzle the blood orange reduction over the sliced fish and garnish with finely chopped spring onion (only white part), finely chopped coriander and a few drops of olive oil.

"This quick salt fish recipe is simple, delicious, and the perfect companion for raki and tsipouro. The acidity of the reduced fruit juice is the perfect balance to the smoked salt and aromatic sumac."

Atlantic blue crab taramas

by
«Food Cartel»



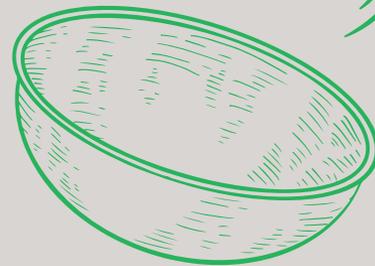
30'



Moderate



1



INGREDIENTS

- 250 gr Atlantic blue crabmeat (10 blue crabs)
- 2 tbsp. onion
- 2 pinches salt
- 2 tbsp. crushed barley rusks
- 3 tbsp. olive oil
- 5 parsley leaves
- 50 gr bread crumbs
- 1 pinch white pepper
- 15 raisins
- 1/2 pinch cumin
- 1/3 of a garlic clove (optional)

INSTRUCTIONS

Clean and boil the blue crabs, according to the "Preparation of Seafood" section.

Finely chop the dried onion, grate the bread crumbs and the barley rusks.

Then, mix the crabmeat with the rest of the ingredients gently and beat them in a blender until they become creamy.

For the garnish, put the raisins and the parsley leaves on top.

If desired, place celery or thinly cut slices of peppers or onion.



Bruschetta with spinefoot

by chef
Maria Kastanou



120'



Easy



4

INGREDIENTS

- 1 kg spinefoot
- 5 oranges
- 1 bread (preferably baguette)
- 5 limes
- grains of colorful peppers
- salt

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Fillet the fish and prepare juice and zest from oranges and limes, olive oil and grains of colorful pepper.

Place the fish fillets in the citrus juice and leave it in the fridge for 2 hours to marinate well.

Serve on baked bruschetta of your own production.

For the bruschetta

Cut the bread into relatively thin slices and spread it in a non-stick pan.

Brush it well or drizzle with olive oil.

Sprinkle with a little salt and, if desired, herb of your choice and toast them for 5 minutes on the grill on the top rack.

Chowder with ravioli stuffed with spinefoot

by chef
Costas Angelopoulos



70'



Difficult



6



INGREDIENTS

- 1 kg spinefoot
- 2 large onions
- 2 large potatoes
- 1 leek
- 2 bay leaves
- 1 chive
- 1lt egg yolk
- 1 kg semolina for pasta
- 2 lemons (juice)
- 300 ml olive oil (250 for the chowder)
- salt
- pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Prepare the dough for the ravioli with the yolk, the semolina, a little salt, pepper and 1 tbsp olive oil.

Knead and refrigerate to rest.

Boil the spinefoot in 2 liters of water, adding salt, pepper and 2 bay leaves.

When boiled, drain, store the broth and boil the onions with the potatoes in it.

After boiling the onions and the potatoes, mash the ingredients with a blender rod, add lemon juice and slowly add the olive oil until chowder thickens and shines.

Finely chop the leek and chives. In a pan, sauté the leek with a little olive oil and add the boneless spinefoot.

Add salt, pepper and the chives.

Roll out the dough, fill the ravioli with the sautéed spinefoot, the leek and the chives in any shape of your desire.

Boil them for 3 to 4 minutes.

Place them in a deep dish and pour the chowder on top.

Lionfish ceviche with tiger milk and guacamole

by chef
Alexander Untila



25'



Easy



1



INGREDIENTS

For the guacamole

- 1 avocado ripe
- ½ lime juice
- 1 tsp chili
- 1 tbsp. shallot onion
(or a kind of onion with milder flavor)
- 1 tbsp. coriander
- hot SHRIRACHA sauce (preferably)
- salt

For the tiger milk

- 80 gr lionfish fillet
- 60 gr lemon juice
- 60 gr lime juice
- 15 gr celery
- 25 gr red onion
- 25 gr crushed ice
- 8 gr red chili sauce
- 7 gr salt

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the tiger milk

Mix all the ingredients in a blender until they become a uniform white sauce.

For the guacamole

Dice the avocado, put it in a bowl with lime juice and press with a fork until you get a liquid-like texture.

Then, add all the other ingredients finely chopped, and continue mixing until the texture of the guacamole is homogenized.

For serving

Cut small cubes of lionfish, add salt and marinate with tiger milk (for 3 minutes).

In a dish, add a teaspoon of guacamole and then add 4-5 lionfish cubes on top, nicely placed.

Finish with a teaspoon of olive oil on top.



Fried cornetfish with poppy greens, black vinegar, soy, ginger and kalonji seeds

by chef
Jonathan Harnett



30'



Easy



4

"These crispy, salty fish bites combine the pungent umami of black vinegar and soy with the freshness of the wild greens and the aromatic taste of kalonji. Pairs with any spiced rum cocktail."

INGREDIENTS

- 2 cornetfish fillets
- canola oil for frying
- 2 cups poppy greens roughly chopped
- kalonji seeds
- 100ml soy sauce
- 50 ml black vinegar (Chiang Kiang)
- 1/2 cup rice flour
- 1 small piece of ginger, grated
- olive oil
- salt
- black pepper



INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Cut the cornet fish fillets into cubes, sprinkle with a little salt and black pepper and set aside.

Place the soy sauce, black vinegar, and grated ginger in a small saucepan over medium-high heat until it begins to bubble, reduce heat to medium and let simmer for about 5 minutes or until it begins to thicken.

Set aside to cool.

Sautee the roughly chopped poppy greens in a little olive oil and a pinch of salt in a non-stick pan until soft and slightly crispy.

Set aside.

Toss the fish cubes with a tablespoon of olive oil, just enough to coat the fish on all sides.

Put rice flour in a medium-sized bowl and add fish cubes until they are completely coated.

Fry fish quickly in batches (1-2 minutes) in a pan of canola oil at about 160°C.

Do not crowd the pan and **DO NOT OVERCOOK**.

Remove the fish from the pan and place on a paper towel to drain any excess oil.

Toss the cooked fish with the soy, vinegar, and ginger reduction until the pieces are all nicely coated.

Place on top of and around the poppy greens and garnish with a drizzle of olive oil and the kalonji seeds

Sauté lionfish fillets with seasonal greens

by chef
Alexander Untila



50'



Easy



1



INGREDIENTS

- 2 lionfish fillets
- 160 gr spiny chicory
- 1 tbsp. spearmint
- 1 tbsp. dill
- lemon zest
- lemon juice (optional)
- olive oil (optional)

For the fish stock

- 100 gr dried kombu seaweed
- 10 gr of dried bonito flakes

For the broth

- 150 gr lemon juice
- 80 gr butter
- 8 gr red chili
- 8 gr fresh coriander
- 12 stems of saffron

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Sauté the lionfish fillets, lightly.

Boil the kombu seaweed with the bonito flakes for 30 minutes and then strain to get the sauce.

To prepare the broth, boil in a pot 1 liter of water adding the lemon juice, the butter, the chili, the coriander and the saffron.

When boiled, transfer in a blender and homogenize.

Strain it and pour it over the fillets, the seasonal greens and the finely chopped dill and spearmint.

Bourdeto with lionfish

by chef
Andriana Apergi



50'



Easy



4



INGREDIENTS

- 1 kg lionfish
- 2 red onions
- 3 big fresh tomatoes

- 3 cloves garlic
- 250 ml white wine
- ½ cup olive oil

- ½ tbsp. tomato pulp
- spicy paprika (preferably)

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

In a pot add the olive oil and sauté the finely chopped onion well until brown.

Add the fresh tomato sauce, tomato pulp and the garlic finely chopped and deglaze with the wine.

Let it simmer for 15 minutes and add the fish whole (depending on the size).

Serve in a deep dish adding sauce on top.

Red pepper crackers with spinefoot and lemon mayonnaise

by chef
Christos Chitos



65'



Difficult



4

INGREDIENTS

For the red pepper crackers

- 360 gr all-purpose flour
- 50 gr red pepper thickly grounded
- 5 gr salt
- 5 gr sugar
- 30 ml olive oil
- 120 ml water

For the lemon mayonnaise

- 2 egg yolks
- 10 gr mustard
- 40 ml lemon juice
- 200 ml sunflower oil
- 100 ml olive oil

For the fish broth

- 1 medium onion
- 1 carrot

- 1 celery stalk
- 7-8 rose geranium leaves

For serving

- salicorne
- olive oil
- pepper leaves
- red pepper
- salt

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the red pepper crackers

Start by mixing in a blender all the non-liquid ingredients with the olive oil.

Add water and continue mixing for 5 minutes until the dough is firm.

Continue working the dough with your hands and shape it into a ball.

Cover the dough with a membrane and let it rest for 30 minutes.

Preheat the oven at 180 °C.

Spread the dough in a thin layer, if it is elastic let the dough rest a bit more.



After spreading it, cut into the desired shape and transfer to a tray with baking paper at the bottom.

Place another baking paper on top and another tray for weight.

Bake for 5 minutes, remove the tray from top and the baking paper, continue baking for 6 more minutes.

Remove the crackers from the pan to a cold surface.

For the lemon mayonnaise

Pasteurize the eggs in a bowl over simmering water, without the bowl coming into contact with the water, stirring constantly with a whisk.

When the temperature of the yolks reach 75 °C, remove from heat and add the mustard and the lemon juice.

Transfer it to a mixer and mix at low speed at first, adding sunflower oil at low pace.

Then continue at medium speed, adding the olive oil.

Finally, taste and add salt, if desired.

If mayonnaise is thick, add either lemon juice or cold water.

For the fish broth

Fillet the spinefoot and keep the bones.

Wash the heads of the fish thoroughly.

Put in a pot, a medium-sized onion, a carrot, a stalk of celery and 7-8 rose geranium leaves.

Add water until all the ingredients are covered and slow cook for 30 minutes.

Strain it and put the broth in another pot.

Bring the broth to 53°C and poach the fish fillets for 4 minutes, ideally in a ziplock bag without air so it does not float.

Then transfer the fillets to cold water with ice.

When cold the skin can be removed easily.

For serving

Use the cracker as a base, add the salicorn that was previously marinated in olive oil and salt.

Add the lemon mayonnaise, the boiled carrots in thin batons, the pepper leaves, the fish fillets, maldon salt and the grains of red pepper.

Fricassee with lionfish

by chef Iordanis Iliadis
restaurant E/G Taxidevontas, Athens



50'



Modarate



1



INGREDIENTS

- 2 lionfish fillets
- 2 large onions
- 5 spring onions
- 1 kg seasonal greens
- 2 leeks
- ½ celery root
- 4 garlic cloves
- 1 whipping cream
- 1 fish stock
- olive oil
- fennel
- parsley

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Fillet the lionfish, keeping the bones and heads.

Simmer, bones and heads, in a pot with water for 30 minutes.

Drain and set the broth aside.

Finely chop and sauté the onions, the leeks, the garlic, the celery root and the parsley in plenty of olive oil.

When they begin to wilt, season with salt and pepper.

Then, add fish stock until covered and cover with a wet baking paper or a lid.

Once they have absorbed enough of their liquids, remove a large portion of the vegetables, with their liquids, put them in a blender with a little cream, mix them and keep them aside.

Sauté the seasonal greens with a bit of olive oil in another pot and place them in the pot with the vegetables and the whipped mixture with the cream.

Add salt, pepper, lemon juice and fresh finely chopped dill.

In a frying pan or saucepan, heat the mixture of seasonal greens and vegetables that make up the fricassee.

In another pan, place the lionfish fillet, skin side down (remove the scales before), and after the skin has formed a crust, place it in the fricassee mixture and leave it for a short time.

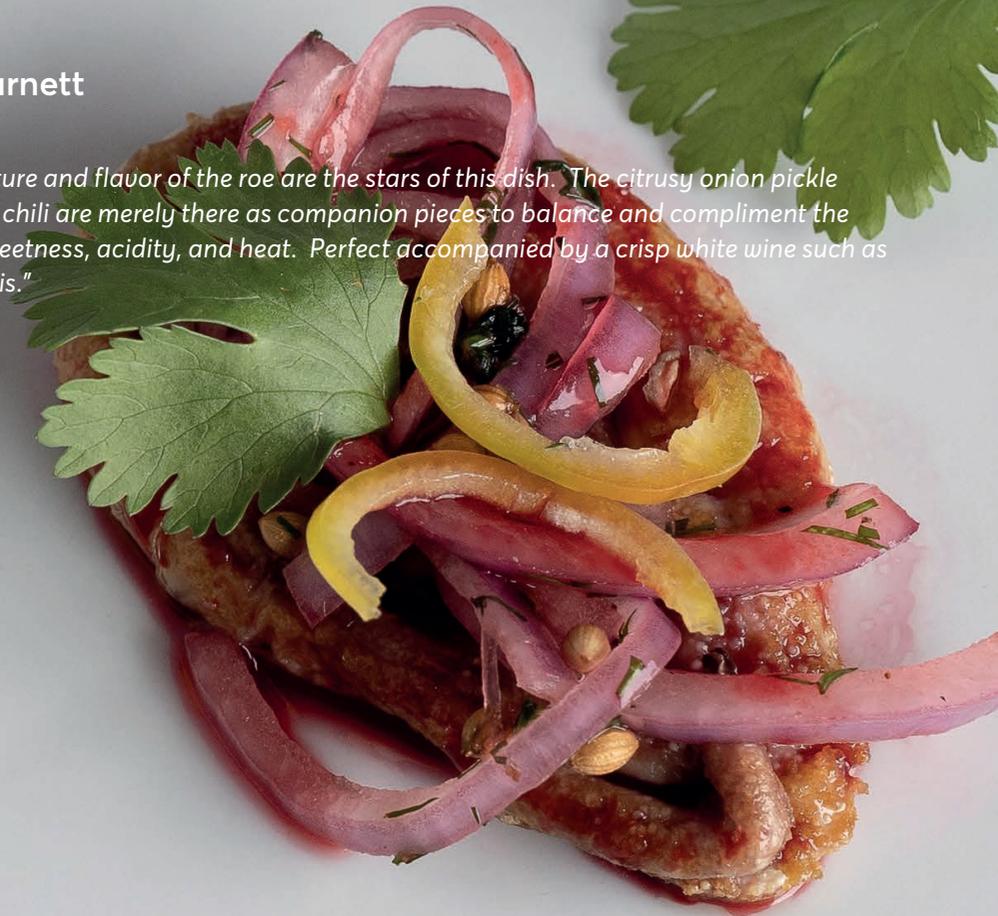
Add salt, pepper, lemon juice, lemon zest and fresh dill.

Set up in a deep dish with the fillets facing up and add a little olive oil at the end.

Cornetfish roe with red onion, mandarin pickle with fresh dill and yellow chilies

by chef
Jonathan Harnett

"The exquisite texture and flavor of the roe are the stars of this dish. The citrusy onion pickle with fresh dill and chili are merely there as companion pieces to balance and compliment the roe with a little sweetness, acidity, and heat. Perfect accompanied by a crisp white wine such as Assyrtiko or Roditis."



40'



Moderate



2

INGREDIENTS

- blue cornet fish roe, membrane intact
- 1 small red onion
- 2 mandarin oranges (juice)
- 1/2 lime (juice)
- 1 tsp. coconut sugar
- 2 tbsp. dill
- 1 tbsp. whole coriander seeds, toasted
- salt
- black pepper
- olive oil
- 1 small yellow chili
- coriander leaves for garnish

INSTRUCTIONS

Clean the fish, according to "Preparation of Seafood" section.

For the mandarin pickle, put the onions very thinly sliced, with mandarin and lime juice, the coriander seeds and finely chopped dill in a bowl.

Add the sugar and about 1 teaspoon of salt and a pinch of black pepper.

Mix well.

Taste and adjust for saltiness as needed.

Cover with plastic wrap and let sit for 30 minutes at room temperature.

Add a little olive oil to a small non-stick pan and place on medium heat.

Very gently and carefully fry the roe in a circle shape for about 30 seconds on each side, it should begin to brown just slightly.

Remove from pan carefully without breaking it and sprinkle with a pinch of salt.

Plate the roe together with the pickle in the middle and garnish with sliced yellow chilies, a few drops of olive oil, and coriander leaves.



Chickpea croquettes with Atlantic blue crab



by chef
Alexandros Kiousambas



50'



Moderate



4

INGREDIENTS

For the chickpea croquettes (50 gr)

- 300 gr chickpeas
- 1 bunch parsley
- 1 bunch mint
- 1 medium white onion
- 4 garlic cloves
- 2 spring onions
- 1 pack baking powder
- 2 pinches cumin
- 2 pinches red pepper
- 1 pinch grated spice
- salt
- pepper

For the parsley vinaigrette

- 2 bunches parsley
- 300-400 ml sunflower oil
- 2 egg yolks
- 40 gr mustard
- 40 ml vinegar
- 1 garlic clove
- salt
- pepper

For the salad

- 5 kg Atlantic blue crabs
- 2 bay leaves
- star anise
- 2-3 carrots
- ½ cabbage white
- 1 lemon
- spice
- olive oil
- vinegar
- salt
- pepper

INSTRUCTIONS

Clean and boil the blue crabs, according to the "Preparation of Seafood" section. Add to the boiling water some bay leaves, spice, star anise and 1 lemon cut in slices.

For the chickpea croquettes

Soak the chickpeas overnight in salted water.

The following day, drain the chickpeas and blend them using a blender or a mincer.

Add spices, salt and pepper.

Shape them with a spoon or your hands and fry them in medium / hot oil (170-180°C).

For the salad

Grate cabbage and carrot finely, add oil, vinegar, salt, pepper and a little bit of finely chopped parsley.

Set aside and when the crabs are ready, remove the crabmeat carefully and put it in the salad.

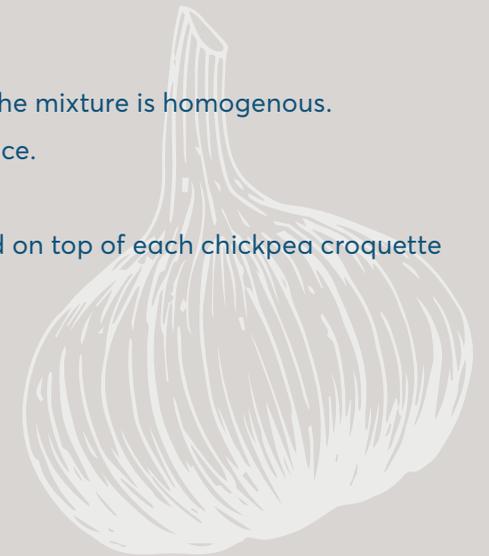
For the parsley vinaigrette

Add all the ingredients in a blender and blend until the mixture is homogenous.

Add the sunflower oil slowly, until you get a thick sauce.

For serving

When all preparations are ready, place a bit of salad on top of each chickpea croquette and finally add the parsley vinaigrette.



Atlantic blue crab salad with wakame, orange and chili pepper dressing

by chef
Margarita Nikolaidi



30'



Moderate



2

INGREDIENTS

- 200 gr boiled Atlantic blue crabmeat
- 500 gr wakame
- 2 pieces of fennel
- 2 green apples
- 1 bunch chive
- 5 oranges
- 300 gr chili pepper
- 50 gr mustard
- 350 ml sunflower oil

INSTRUCTIONS

Clean and boil the blue crabs, according to the "Preparation of Seafood" section.

Remove the crabmeat carefully and keep aside.

Slice into sticks the apples and fennel and finely chop the chives.

Squeeze the oranges in a bowl, add the cleaned chili peppers, mustard and beat them with a hand blender. Then, slowly add the sunflower oil.

Mix all the ingredients together with the apple and fennel, then add salt and pepper. Finally, put the crabmeat and wakame salad on a plate, pour the dressing over them, and then place the chopped chives on top.



Lionfish ceviche with passion fruits

by chef
Margarita Nikolaidi



40'



Easy



2

INGREDIENTS

- 400 gr cleaned lionfish
- 1 bunch chives
- ½ bunch coriander
- 4 passion fruits
- 3 oranges
- 2 chili peppers
- 5 radishes
- 3 lemons
- 2 mangos
- 3 limes

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Fillet the fish and cut it into small cubes.

In a bowl, squeeze orange, lemon and lime juice.

Peel the passion fruits, cut them in small cubes and add them to the juice.

Add also the fish cubes to the juice.

Peel the mangos, finely chop the herbs and chili and add them to the mixture with the fish.

Let the fish marinate for 20 minutes and serve in a deep dish with the juice.

Cut the radish into four pieces and put it on top of the fish.



Rigatoni with lionfish and mastic liqueur

by chef
Natalia Gaspari



50'



Easy



4

INGREDIENTS

- 2 kg lionfish, filleted and boneless
- 2 cloves garlic
- 1 big onion
- 1 bunch parsley
- 200 ml Robola white wine
- 50 ml mastic liqueur
- 1kg rigatoni pasta
- olive oil

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Finely chop the onion and garlic, sauté them in some olive oil and as soon as they wither and turn golden brown, add the filleted fish.

Sauté slightly and deglaze with robola wine and mastic liqueur.

Boil the rigatoni, according to the package instructions, and keep aside.

When all preparations are completed, mix and add the chopped parsley.

Serve hot.



Orzo with Atlantic blue crab

by chef
Natalia Gaspari



40'



Moderate



4

INGREDIENTS

- 4 kg blue crab
- 1 kg medium orzo
- 2 onions
- 7 cloves garlic
- fresh tomato sauce
- Kefalonian marjoram
- parsley
- olive oil for sautéing
- 100 ml ouzo
- salt
- pepper

INSTRUCTIONS

Clean and boil the blue crabs, according to the "Preparation of Seafood" section.

Keep the water to be used for the orzo.

Cook the orzo in the crab water and strain it.

Finely chop the onion and garlic and sauté them with the crabmeat in olive oil, in a large pot.

Add the spices and deglaze with ouzo.

Finally, add the tomato sauce, the parsley finely chopped and the orzo.

Serve hot.



Salad with Atlantic blue crab, red pepper coulis and avocado cream

by chef
Giorgos Aretas



40'



Moderate



10

INGREDIENTS

- 300 gr. Atlantic blue crabmeat
- 1 cucumber small
- 1 tomato
- 20 gr. sweet chili
- 40 gr. yoghurt
- 1 lemon (juice)
- dill
- salt
- pepper

For the red pepper coulis

- 10 red peppers
- 1 onion small
- salt
- pepper

For the avocado cream

- 5 avocados
- 1 red onion
- ½ bunch parsley
- 2 red peppers
- 30 ml red vinegar
- 50 ml olive oil

INSTRUCTIONS

Clean and boil the blue crabs, according to the "Preparation of Seafood" section.

For the crabmeat

In the crabmeat add the cucumber and tomato cut into cubes, the chili, the yogurt, the lemon juice, the dill finely chopped, salt, pepper and mix.

For the red pepper coulis

Boil all the ingredients and mix them.

For the avocado cream

Mash the avocado, cut the red onion and peppers into small cubes, finely chop the parsley, add the red vinegar and olive oil, mix all the ingredients and then mash them.

For serving

When all preparations are ready mix them.



Atlantic blue crab mousse on crispy bruschetta and lemon gel with mint

by chef
Savvas Kostopoulos



70'



Moderate



6

INGREDIENTS

For the crab mousse

- 2 kg Atlantic blue crabs
- 300 gr potatoes
- 4 spring onions
- ½ tsp. dry coriander grated
- 2 lemons (zest and juice)
- 2 tbsp. dill
- 1 tsp. Dijon mustard
- salt
- pepper

For the lemon gel

- 200 ml lemon juice
- 20 mint leaves
- 5 gr apple pectin
- 20 ml white rum
- 2 pieces star anise
- 40 gr sugar
- 5 gr salt

For the bruschetta

- 1 baguette
- garlic powder
- sweet paprika
- olive oil
- salt



INSTRUCTIONS

Clean and boil the blue crabs, according to the "Preparation of Seafood" section.

When ready, remove the crabmeat carefully.

For the crab mousse

Boil the potatoes and when ready peel them.

Finely chop the spring onions and dill and cut the boiled potatoes into cubes.

Put all the ingredients in a mixer and beat to make the mousse.

For the lemon gel

Put all the ingredients, except the mint, in a saucepan and bring to boil, stirring constantly.

Remove from heat and add the mint.

Cover it with plastic wrap and leave it aside for 20 minutes.

Finally, strain it and put it in the fridge to cool.

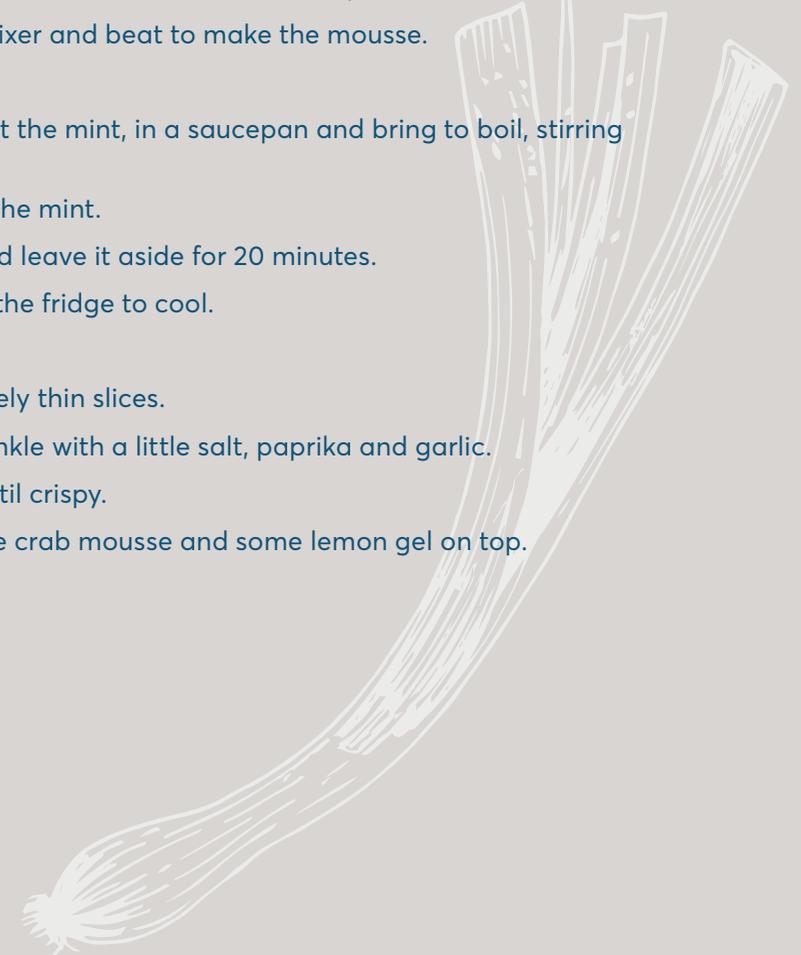
For the bruschetta

Cut the baguette into relatively thin slices.

Drizzle with olive oil and sprinkle with a little salt, paprika and garlic.

Bake in the oven at 160°C until crispy.

Serve the bruschetta with the crab mousse and some lemon gel on top.



Tartelette with lionfish mousse and artificial cuttlefish ink caviar

by chef
Giorgos Aretas



130'



Difficult



50

INGREDIENTS

For the tartelettes (50 servings)

- 1 cup all-purpose flour
- 6 tbsp. butter frozen
- 1 tsp. sugar
- ½ tsp. salt
- 1 egg large
- 2 tsp. cold water

For the fish mousse

- 1 kg lionfish
- 100 ml crème fraîche
- 100 gr. butter unsalted
- 1 lemon (juice)
- dill
- salt
- pepper

For the artificial cuttlefish ink caviar

- 20 ml cuttlefish ink
- 1 gr. agar agar
- 80 ml water
- 200 ml sunflower oil cold



INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the tartelettes

In a blender, add the flour, the sugar, the butter and mix them, until the mixture looks like crumbs.

Add the egg and salt, mix them again until the ingredients are homogenized.

Transfer the dough to a workbench and knead with your hands, until it becomes smooth.

Cover it with plastic wrap and put in the refrigerator for 1 hour, to become firm.

When the dough is ready, put flour in two baking papers and start rolling out the dough between them with a rolling pin, until 3 mm thick.

If the dough sticks, sprinkle with a little more flour.

Butter pans for tartelettes.

With a 6 cm diameter glass or hoop, cut the dough into circles and spread each dough in each tartelette pan.

If the dough protrudes from the pans, cut the dough with a knife and pierce the base well with a fork.

Place pieces of baking paper on top of the dough and add lentils, beans or any other weight you wish.

Put the pans in a baking tray in the oven and bake for 20 minutes, until golden.

Remove from the oven, let them cool, remove the weight and carefully unmold them.

Repeat until the dough is finished.

For the fish mousse

Mix all the ingredients and finally add the dill finely chopped.

For the artificial cuttlefish ink caviar

Mix the cuttlefish ink, the agar agar and the water and boil for 2 minutes.

Transfer in a stirring bottle.

In a tall glass add the cold sunflower oil.

From the stirring bottle pour drops of the mixture into the cold sunflower oil.

As they sink to the bottom of the glass the drops solidify.

Cornetfish tiradito with pear and coconut oil popcorn

by chef
Jonathan Harnett

"This slightly sweet and fruity twist on a classic South American dish is inspired by the cuisine of the coast of Ecuador where they often mix cooked white corn with salted fish and lime juice, onion, fresh coriander, and fiery chiles. Here the popcorn cooked in coconut oil adds texture, aroma, and an earthy flavor to complement the intensity of the other characteristics of the dish. Unlike the more well-known Ceviche which is cut into cubes and often allowed to soak for a considerable amount of time in lime juice, the fish for tiradito is sliced very thin and tossed with citrus and the other ingredients right before serving. The green pear adds both a textural element and natural sweetness. enjoy with an ice-cold beer of your choice, I'd go with an aromatic IPA."



40'



Easy



4

INGREDIENTS

- 2 cornetfish fillets
- 1 lime (juice)
- 1 small red onion
- 1 green pear
- 1 red or yellow chili (you can leave the seeds for more heat)
- 1 small handful fresh coriander
- coconut oil
- salt
- black pepper
- 1/4 cup popping corn

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Make the popcorn by adding the coconut oil, a pinch of salt, and the popcorn to a large pot on high heat.

Cover until you hear the first pops and then shake the pot vigorously until the popping stops.

Remove popcorn immediately and allow to cool in a large bowl.

With a very sharp and very thin knife slice the fish at an angle as thin as possible.

Place the fish into a mixing bowl, add about half the lime juice, the onion, chili and coriander all finely chopped, the pear peeled and cut into very small cubes (brunoise) and finally salt/black pepper to taste.

Toss well, to coat the fish completely with the other ingredients.

Add more lime or salt, as needed.

Serve with the coconut popcorn.

Athenian salad with spinefoot

by chef
Martin Prenda



75'



Easy



4



INGREDIENTS

- 1 kg spinefoot, cleaned
- 1/4 bunch parsley
- 1/4 bunch dill
- 2 spring onions
- 1 lemons (zest and juice)
- 500 gr. baby potatoes
- 100 gr. capers
- 1 clove garlic
- 100 ml olive oil
- 50 gr mayonnaise
- 20 ml white vinegar
- salt
- pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.
Season the fish with salt and pepper and bake them in the oven for 35 minutes at 180 °C.
Wash the potatoes well and boil them adding a little salt to the pot.
Once boiled, transfer them in cold water and then peel them.
When they cool down cut them in cubes.
Clean the fish from the bones carefully, finely chop the parsley, the dill, the spring onions and the capers and grate the garlic.
Put all the ingredients in a stainless bowl and mix them.
Salad is ready.

Lionfish soup

by chef
Maria Chrysochou



40'



Easy



4



INGREDIENTS

- 1 kg lionfish
- 100 gr carrots
- 100 gr potato
- 100 gr onion
- 150 gr celery
- 50 gr parsley
- salt
- pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.
Boil the fish (with the heads), debone it and keep the broth, leaving the fish aside.
Transfer the broth in a large pot, add all the ingredients and as soon as they boil, mash them.
Then add 50 gr. olive oil, lemon juice and finally the fish.
Serve while hot.

Kakavia fish soup with lionfish and Atlantic blue crab

by chef
Thomas Lambouras



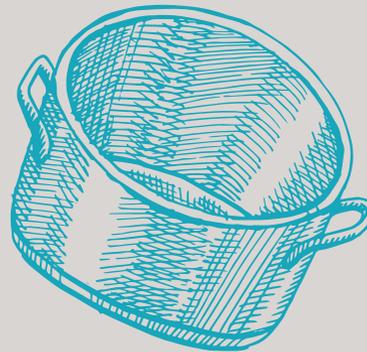
90'



Moderate



6



INGREDIENTS

- 1 kg lionfish
- 1 kg Atlantic blue crabs
- 150 gr celery root
- 150 gr potato
- 50 gr fennel
- 100 gr leek
- 1 onion
- 50 ml of ouzo
- 100 ml white wine
- 2 bay leaves
- some celery
- 1 spring onion
- dill
- saffron stamens

INSTRUCTIONS

Clean the fish and blue crabs, according to the "Preparation of Seafood" section.

Put a large pot on medium heat, add olive oil and sauté the fish and crabmeat together with an onion, a carrot and some celery.

Deglaze with white wine and then add 3 liters of water, a bay leaf and a few grains of white pepper.

Let them boil on low heat.

Once boiled, remove the fish and crabmeat and let them cool down in order to debone the lionfish.

Strain the broth with a fine strainer and keep aside.

Cut the vegetables into small cubes and sauté them in a pot with olive oil.

As soon as their aromas begin to emerge, deglaze them with white wine and ouzo.

Add the saffron and the stock from the fish.

Once the vegetables are boiled, add the fish flesh and the crabmeat.

Finally, add salt, pepper, finely chopped dill and spring onion.

We can accompany our soup with garlic bread and baked bread with olive paste.



Lionfish ceviche

by chef
Nikos Apostolakis



180'



Moderate



2

INGREDIENTS

For tiger's milk A

- 20 gr coriander twigs
- 2 celery twigs
- 1 red onion
- 1 clove of garlic
- 20 gr ginger
- 5 limes (juice)
- salt

For the ceviche

- 100 gr lionfish
- 20 gr red onion
- 10 gr Jalapenos pepper
- 2 gr cilantro

For tiger's milk B

- 120 gr lionfish
- 100 gr Aji Amarillo puree
- smoked oil
- sunflower oil
- salt
- pepper
- ice

- 20 gr corn boiled
- 1 gr chili
- 60 gr tiger milk
- some toasted corn

For the coriander oil

- 300 gr coriander leaves blanched
- 600 ml sunflower oil

- chili oil
- salt
- pepper



INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the tiger's milk

Chop all the ingredients of A into thick pieces and marinate them in the lime juice for a few hours.

Transfer in a blender with a little ice, mix them and then pass them through a sieve.

In the end, keep the liquid left.

In a blender, beat the ingredients of B with ice to make a mayonnaise and then make the flavor by adding A.

For the coriander oil

Put all the ingredients in a thermomixer at 70°C and beat them at the 6th speed for 15 minutes and at the 10th speed for 5 minutes.

Then pass them through a cheesecloth without pressing, in a cold bain-marie.

For the ceviche

Finely chop the onion, the pepper, the coriander, the chili and cut into large cubes the lionfish flesh.

In a stainless bowl, marinate the lionfish with all the ingredients, except the toasted corn.

Serve in a deep dish with enough of the tiger's milk for sauce and top with coriander leaves, fried sweet potato and toasted corn.

Fish soup with lionfish

by chef
Martin Prenda



90'



Easy



4

INGREDIENTS

- 1 ½ kg lionfish, cleaned
- 2 bay leaves
- 1 tomato
- 2 onions
- 80 ml olive oil
- salt
- 300 gr potatoes
- 50 gr ginger
- pepper
- 1 twig thyme
- 2 lemons

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Cut the potatoes into cubes, finely chop the onion, the tomato in half and clean the ginger.

Place a pot on high heat, add half of the olive oil and lightly sauté the potato cubes.

Then, add the onion and the tomato and cover with water.

Wet one baking paper and place it in the pot covering all the surface.

Then, add the fish, the bay leaves, salt, pepper, one lemon in slices, and the ginger cut in 2.

Add more water and cover with a lid.

Lower the heat and let it slowly boil for 1 hour.

At the end, remove the fish along with the baking paper and smash the vegetables with a hand beamer to make the soup smooth.

Add the lemon juice and the remaining olive oil.

The fish can be left whole or cleaned from bones before serving.

Pomme soufflé with cured lionfish, tartar sauce from fish broth, finger lime and kumquat

by chef
Konstantina Kroell



24 h



Difficult



4



INGREDIENTS

For the pomme soufflé

- potato
- potato starch
- sunflower oil
- kombu leaves
- sugar syrup
- tsipouro

For the fish/broth

- carrot
- celery
- onion
- fennel
- leek
- fennel seeds
- star anise
- 3 eggs
- 10 ml apple cider vinegar
- 20 gr mustard
- 400 ml sunflower oil
- 3 pieces pickled cucumber
- 20 gr unsalted caper
- 60 ml from the fish broth
- salt
- pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the pomme soufflé

Peel medium-sized potatoes, pass them through the mandoline, into thin slices, and place them on a working surface.

Brush the slices with potato starch and then cover one by one with other potato slices until they stick well.

With a round hoop cut the potatoes, in any size of your desire.

Fry them in a deep frying pan or deep fryer at 180°C until golden brown, make sure they are crispy.

For the cured lionfish

Fillet the fish.

Then take kombu leaves and soak them with sugar syrup and tsipouro.

Place the fillets on top of the kombu leaves and then cover with another leaf, as a lid.

Wrap with cling film and refrigerate for 24 hours.

For the tartar sauce

Take the fish bones early and put them in a pot with water, carrot, celery, onion, fennel, leek, fennel seeds and star anise.

Boil, so the broth gets a strong taste, pass through chinois-etamine and put the broth back on heat, to reduce and enrich its flavor.

When cooled down, add the yolks, the apple cider vinegar, the mustard and the fish broth into the thermomixer and slowly add the sunflower oil.

Add salt and pepper.

When the emulsion is done, add finely chopped pickled cucumbers and unsalted capers.

For serving

Take the potato balls, put some tartar sauce on top, a slice of the lionfish and garnish with finger lime and kumquat.

Smoked lionfish

by chef
Giorgos Dospras



150'



Δύσκολη



20 κράκερ

INGREDIENTS

- 1 kg lionfish fillets
- rosemary
- thyme
- chives
- olive oil

For the marinara

- 300 gr salt
- 300 gr sugar
- 1 lemon (zest)
- 1 orange (zest)
- 1 lime (zest)
- 1 grapefruit (zest)
- 2-3 cedar seeds
- 5 fennel seeds
- ½ bunch dill

For the gruyere cracker

- 100 gr butter
- 6 gr sugar
- 3 gr salt
- 2 gr baking powder
- ½ gr pepper
- 1 gr espelette pepper
- 15 gr egg white
- 150 gr gruyere
- 150 gr flour 55%

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the gruyere cracker

Mix the butter, the sugar, the salt, the baking powder and the peppers. Then, add the egg white, the cheese and finally the flour.

Spread the mixture on a 3 mm sheet and cut into 2x10 cm shape. Let the mixture rest in the fridge for 1 hour and then bake at 140°C for 45 minutes.

For the marinara

Fillet the lionfish.

Mix all the ingredients for the marinara in a bowl and cover the lionfish fillets for 1 hour. Then, rinse the fillets and place them in the fridge, uncovered, for 1 hour in order to dry.

Once they have dried, smoke the fillets with rosemary and thyme for 1 hour.

When dried, cut into small pieces and add lime zest, olive oil and chives. If desired add some pickles.

Mix well and if needed add salt.

Serve on top of the cracker.



Lionfish soup with baked beetroots

by chef
Giannis Papakonstantinou



150'



Moderate



4

INGREDIENTS

For the fish broth

- 3 kg bones/heads from lionfish
- 3 lt water
- 2 bay leaves

For the soup

- 2 ½ kg fish broth
- 200 gr celery
- 1 fennel
- 300 gr onion
- 200 gr leek
- 200 gr carrot
- 250 gr potatoes
- 50 gr garlic
- 50 gr ginger
- 0,3 gr saffron
- 100 gr tomato paste
- 100 ml white wine
- 100 ml beetroot juice
- 150 ml olive oil
- 1 lemongrass
- 15 gr salt

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the fish broth

Boil the fish and bones/heads in 3 liters of water along with 2 bay leaves for about 1 hour.

Drain and set the broth aside.

For the soup

In a large pot, over medium-high heat, add the olive oil, the onion and fennel cut into thin strips and the carrot and leek cut into thin slices.

After 1-2 minutes, add the potato and celery cut into small cubes, and immediately after the garlic and ginger finely chopped.

Then, add the lemongrass.

Finally, add the tomato paste and after 2 minutes deglaze with the wine.

As soon as the alcohol evaporates, add the strained broth and the saffron.

Let it boil until it is condensed almost in half.

Remove from heat and beat with a hand blender, while adding the beetroot juice.

Afterwards, strain with a chinois.

At the same time, sauté the fish fillets, cut into cubes, in a non-stick frying pan.

Bake beetroots, in aluminum foil, with a little olive oil and salt for 1 hour in the oven.

For serving

Put the soup in a bowl, adding the lionfish cubes and the roasted beetroot.

Finally, drizzle with a little olive oil and a few peppercorns and serve.



Lionfish Carpaccio

by chef
Kosmas Savriadis



20'



Easy



4

INGREDIENTS

For a medium sized fish 350- 500 gr

- 1 chili pepper
- 30 gr ginger
- pink peppercorns

- 1 lime (juice)
- 1/2 lemon
- green olive oil

- chive
- salt blossom

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

Fillet the fish, cut the fillets into thin slices and lay them on a plate, previously placed in the fridge for a while in order to be cold.

Drizzle with the lemon, the lime, and the ginger juice.

Finally, add finely chopped chili and chives, freshly ground pink pepper, salt blossom and green olive oil.



Spinefoot savoro

by chef
Kosmas Savriadis



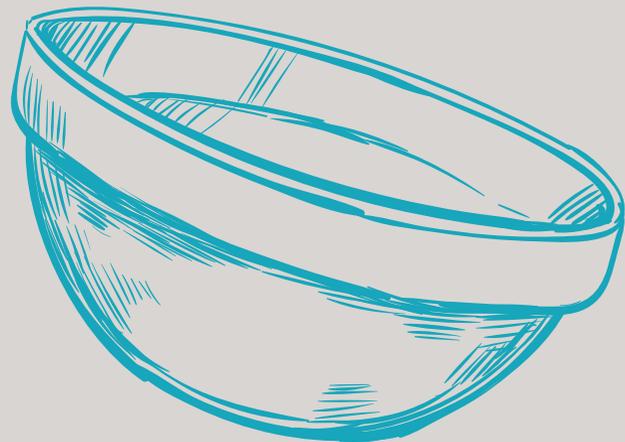
60'



Moderate



4



INGREDIENTS

- 1 ½ kg spinefoot
- 3-4 garlic cloves
- 2-3 rosemary twigs
- 4-5 comodoro tomatoes
- 80 gr black raisins
- 50 gr roasted pine nuts
- 150 ml apple cider vinegar
- 150 ml white wine
- 1 lemon
- fish broth
- flour
- olive oil
- salt
- pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the fish broth

Fillet the spinefoots, removing the backbone carefully so the fillets stay attached to the tail, and keep the bones and heads.

Wash the heads well and along with the bones add them to a pot with water, until covered.

Simmer for 30 minutes, drain and put the stock in another pot.

Then, salt and flour the fillets and fry over medium heat, until they turn golden.

Set aside the fish and in the pan where you fried them, prepare the boil.

Over medium heat add some olive oil, the garlic finely chopped and rosemary, and then deglaze with the apple cider vinegar and wine.

Afterwards, add the comodoro tomatoes finely chopped (after peeling them and removing their seeds), the raisins, the pine nuts and approximately 200 ml fish broth.

Add the fish to the sauce and simmer for about 5 minutes, until the sauce thickens.

Serve on a platter, adding freshly ground black pepper, a little olive oil, lemon zest and fresh rosemary.

Hot dog with sous vide lionfish, burnt vegetable powder, mayonnaise with grooved sea squirt from Kalymnos, iceberg and Greek seaweed

by chef
Konstantina Kroell



120'



Difficult



6

INGREDIENTS

For the hot-dog bread

- 400 gr or more flour
- 371 ml sunflower oil
- 68 ml milk
- 33 gr sugar
- 4 gr dry yeast
- 140 gr egg
- 115 gr butter
- 10 gr salt

For the mayonnaise

- 3 egg yolks
- 10 ml apple cider vinegar
- 60 ml mild mustard
- 30 gr grooved sea squirt from Kalymnos (fouska)

- 400 ml sunflower oil
- salt
- pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the hot-dog bread

Add all the ingredients for the hot-dog bread, except the butter, in a mixer and beat them.

When the mixture is homogenized, slowly add the butter and continue beating, until the dough comes off the sides of the mixing bowl.

Separate into 9gr balls and let them rise, covered, for about 1 1/2 hours.

Bake them in a steamer at 99°C for 12 minutes.

When cool, pass them through a deep fryer to give them color.

Cut the lionfish fillets into strips, shape them into small ballotines, adding only salt, and bake them at 50°C for 3 minutes.

For the mayonnaise

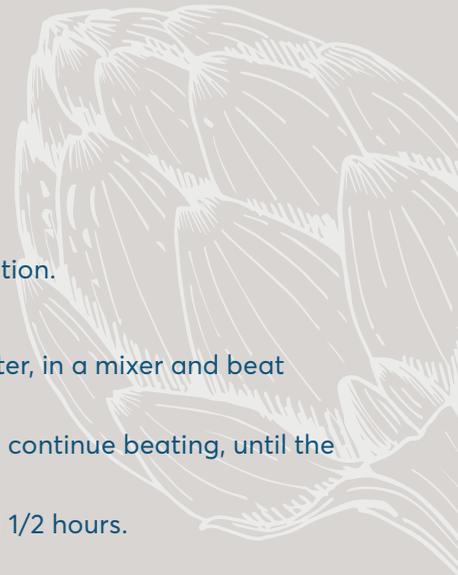
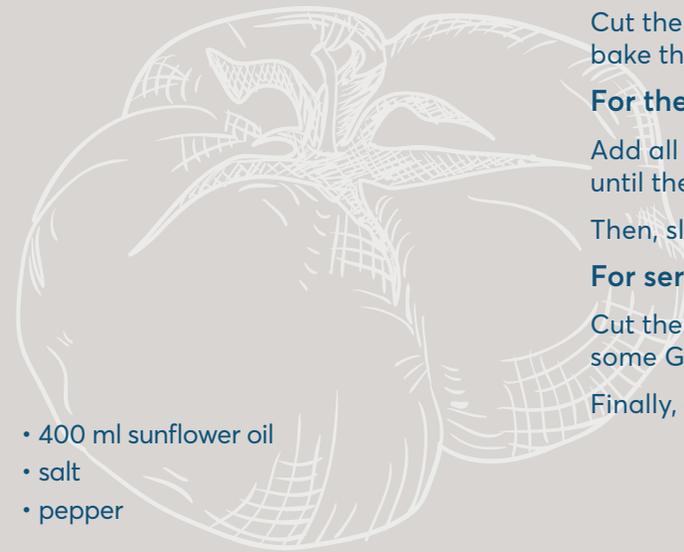
Add all the ingredients, but the sunflower oil, into a thermomixer bowl and beat them until the grooved sea squirt becomes creamy.

Then, slowly add the sunflower oil to make the mayonnaise.

For serving

Cut the hot-dog in half, add some mayonnaise, lionfish, iceberg into small strips and some Greek seaweed.

Finally, garnish with a little more mayonnaise on top.



Tart with fried cornetfish

by chef
Kostas Angelopoulos



60'



Moderate



6

INGREDIENTS

- 4 cornetfish fillets

For the beetroots

- 4 beetroots
- 50 gr chives
- 50 gr spring onion
- 50 ml olive oil
- salt
- pepper

For the tart

- 230 gr butter
- 450 gr soft flour
- 15 gr salt
- 1 egg
- 70 ml fresh milk

For the avocado cream

- 2 ripe avocados
- 100 gr onion
- 50 ml olive oil
- 1 lemon
- 1 lime
- salt
- pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the tart

In a mixing bowl, add the butter (at room temperature, to be soft) and the flour and mix the ingredients with the hook.

When it looks like breadcrumbs, add the rest of the ingredients and knead for 5 more minutes.

Cover with plastic wrap and put in the refrigerator for 30 minutes to "rest".

When the dough is ready, roll it out into a thin sheet, cut and mold it into small tart pans.

Add weight on top and bake at 160°C for 20 minutes.

For the avocado cream

Finely chop the onion, get the zest and juice from a lime and the juice of a lemon.

Put all the ingredients in a blender and mash, until the avocado cream is made.

For the beetroot filling

Boil the beetroots and finely chop them.

Then, finely chop the chives and the spring onion.

Marinate the beets in olive oil with all the ingredients.

Fillet the cornetfish, cut into pieces, flour and fry in olive oil.

For serving

To the base of the tart add a little avocado cream and marinated beetroots and then the fried cornetfish on top.



Trumpetfish tacos with Red Cabbage Slaw and Spicy Habanero Salsa

by chef
Jonathan Harnett



50'



Easy



4



"This spicy and fresh taco has a wonderful combination of flavours, textures and aromas from the salsa and slaw. The recipe is very easy although I highly recommend learning to make homemade tortillas, although your favorite supermarket variety will do in a pinch. The creamy coconut yogurt slaw has a cooling effect in contrast to the fiery habanero salsa. Enjoy with a cold beer or white wine."

INGREDIENTS

- 2 cornetfish fillets
- 1/2 cup rice flour
- 1 cup blue masa-harina (for homemade tortillas) or store-bought tortillas of your choice
- 100 gr red cabbage
- 100 gr carrot
- 3 tbsp plain coconut yogurt
- 1 tbsp dill
- 1 medium green (fresh) onion
- 1 medium red onion
- 200 gr cherry tomatoes
- 1 tsp agave syrup
- 1 habanero chili (seeds removed for less heat or left in for more heat)
- 1 lime juice
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- fresh coriander to taste
- olive oil
- canola oil for frying
- salt
- black pepper

INSTRUCTIONS

Clean the fish, according to the "Preparation of Seafood" section.

For the Habanero salsa

In a bowl add the cherry tomatoes cut into quarters, the red onion and habanero finely chopped, about 1/2 of the lime juice, toasted cumin and coriander seeds and agave syrup.

Mix well and then add fresh coriander finely chopped, salt and black pepper to taste.

Taste and add a little more lime if necessary.

Alternatively, you can add fresh oregano instead of fresh coriander.

Cover and leave out at room temperature to allow the flavors to meld together.

Make slaw by combining the cabbage, thinly sliced, the carrot shredded, the coconut yogurt, 1 tablespoon lime juice, chopped dill and chopped green onion.

Mix well but delicately and add salt and black pepper to taste.

Place in the refrigerator.

Season the fish with salt and pepper and a drizzle of olive oil, coat with the rice flour and deep fry the fillets quickly at 170 C, being careful not to overcook.

Always use warm tortillas, (whether homemade or bought).

Serve by placing some of the slaw on the tortilla and then add your fried fish, top with the habanero salsa.

Tortillas:

I cannot stress enough the importance of the tortilla throughout Mexican cuisine. The difference between corn and flour tortillas is immense. As is the difference between homemade and store-bought. Traditionally the tortilla is corn (there was no flour in the New World) and can be blue, yellow, or red. The appearance of the flour tortilla came much later and in Mexico are often referred to as «gringo» tortillas and are made with pork lard or clarified butter. The traditional corn tortilla is both a vegan and vegetarian product, as well as being naturally gluten-free. I highly recommend researching how to make tortillas in the traditional way. It is a whole separate technique, recipe, and philosophy too elaborate to go into here.

Preparation of Seafood

Atlantic blue crab (*Callinectes sapidus* & *Portunus segnis*)



The Atlantic blue crab (*Callinectes sapidus*) or Italos is an alien species that entered the Mediterranean through the ballast water of ships from the Western Atlantic. It was first recorded in the Mediterranean in 1949, in Italy whilst it was recorded in Greece in 1959, in the northern Aegean. Its geographical spread in Greece is now observed throughout the northern Aegean, the Ionian coastal zone, Crete and Rhodes islands.

Another species of blue crab, the African blue swimming crab (*Portunus segnis*), that entered the Mediterranean, this time from the Red Sea through the Suez Canal, has also been recorded in the southern Aegean, and specifically in Rhodes and Crete (Elounda bay) islands.

The optimum environment for these species is considered to be warm brackish water with a muddy substrate. Blue crabs are species which have many negative effects on the ecosystem and economy of coastal areas as they compete with native species, consume large amounts of food and destroy the fishing gear and catches of coastal fishers making them unmarketable. In addition, they destroy mussel farms, due to their ability to swim vertically in the water, reaching the struts of mussels and feeding on them, resulting in the reduction of mussel farmer's production. In Greece, the species *Callinectes sapidus* has existed for over 60 years but only in recent years has it become popular in the markets, however with low-price levels. The second species of blue crab, *Portunus segnis*, has been recorded in the southern Aegean during the last 5 years (although there is a record from Rhodes island from 32 years ago) and has entered the market.

Both species need special attention in their handling while they are still alive, as they have very strong claws that can cause painful injuries.

INSTRUCTIONS ON BOILING AND CLEANING BLUE CRABS

Boiling the crabs:

Generally, the larger the crabs, the more crabmeat will be removed from their shell, although there can be exceptions, depending on the season and sex of the crabs. On average, the crabmeat constitutes 7% of the weight, meaning a 300gr blue crab will contain approximately 20gr crabmeat.

In 500ml of boiling water, add 2 pinches of salt and boil 5 blue crabs for 13 minutes (or until the crabs' shell turns reddish). For more crabs increase the water amount. Stir the crabs occasionally to ensure even cooking. Remove the crabs and place them in a pot with cold water and ice inside to stop boiling. You can flavor the water by adding ingredients of your choice like bay leaves, lemon, garlic, spices etc.

Removing crabmeat:

When the crabs cool down, remove the legs and claws, keeping the claws as they contain plenty of crabmeat. Then lift the abdomen from the lower side and break it by bringing it to the upper side. This movement will leave a gap between the top and bottom of the crab. Open the two sides of the crab over the sink. The crabmeat and all the organs are on the lower side. Remove the gills which look like strips, located left and right on the shell. In case you have female crabs, they may contain an orange mass which you should remove as it leaves a bitter taste. The edible crabmeat is on the left and right under the gills removed.

Lionfish (*Pterois miles*)



The lionfish (*Pterois miles*) was introduced into the Mediterranean Sea from the Red Sea and was officially recorded in Greece in 2015, in Rhodes Island, while there was a reference in Kalymnos Island back from 2008. Its geographical spread in the Greek seas is expanding rapidly. Currently it can be observed in all the islands of South Aegean, Crete, Cyclades and the Ionian Sea. It is a venomous species whose sting can cause acute pain, swelling and in some rare cases allergic shock, such as scorpionfish. However, lionfish meat is considered tasty in many regions of the world and it is an expensive delicacy. It is considered one of the most invasive alien species, as it consumes large amounts of food, it reproduces several times in a year and has few predators. Thus, its targeted fishing and consumption might mitigate the spread and the increased populations of the species, and result in environmental benefits to the marine ecosystems of Greece.

INSTRUCTION ON CLEANING LIONFISH

A necessary condition for its consumption is the careful removal of its spines while prepared. More specifically, all the spikes of the spine, abdomen, ribs and tail should be removed with a scissor making sure you don't get stung during the process. The lionfish can be held from the lower jaw of its mouth while prepared. Once the spikes are removed, entrails and scales are removed as in other fish.

Spinefoot (*Siganus luridus* & *Siganus rivulatus*)



Two species of spinefoot exists in Greece (*Siganus luridus* & *Siganus rivulatus*) and are known by the common names of germanos, agriosalpa or kourouna. These species have expanded widely to the coasts of South Aegean, Crete and the Ionian while there are few records from the Northern Aegean. Although, they have been present in Greece for several years, they are not particularly popular among consumers. In other Mediterranean countries, like Cyprus, these species are considered an exquisite and expensive delicacy. Their dorsal and pelvic spines have a minor amount of venom; thus, it needs caution while prepared.

INSTRUCTIONS ON CLEANING SPINEFOOTS

The best time to clean spinefoots is immediately after being caught, as due to their diet, which consists of marine plants, the flesh around the belly might have a bitter taste. As in lionfish all spines should be removed with a scissor carefully. Once the spines are cut, entrails are removed as in other fish. However, when cleaning them rub the belly under running water to remove the black skin as it might give it a bitter taste. Spinefoots do not have scales as other fish, however, their skin is harder, so if desired you can remove it.

Blue spotted cornetfish (*Fistularia commersonii*)



Cornetfish or trumpet or fistularia (*Fistularia commersonii*), was first recorded in Greece in 2001. Since then, it has expanded into the Southern Aegean, the Southern Ionian, the Cyclades, whilst there are also records from the Northern Aegean. Its body is vertically flattened, while its tail resembles a horsewhip. It's a predator that feeds on benthic species, juveniles and eggs of other species, a fact that makes it particularly dangerous for marine ecosystems. Despite its odd body shape, its meat is tasty and due to its bone structure, it is easy to cook. For other south-eastern Mediterranean countries such as Turkey, Syria and Lebanon it is a marketed product.

INSTRUCTIONS ON CLEANING CORNETFISH

Start by cutting the head off (it can be used for fish soup). Make a cut down the belly of the fish. The cut runs through the pelvic fins, separating them into right and left pelvic fin. The flesh in between the pelvic fin is tough and will require some force. Open up the entire fish cavity and pull away the innards.

Rinse the cavity with cold water and clean thoroughly. Cornetfish do not have scales.



Some quotes from attendees written in the impressions book during the gastronomy events!!

- "Special flavors, combination of ingredients very suitable!! Bravo to the effort. Let no food go to waste!! Orzo super!!!"
Unknown consumer, Amorgos, April 17 2022
- "Awesome idea and implementation! The blue crab rocks!!!!"
Kalypso, Athens, 29 April 2022
- "Very good effort. May they be included in our diet in order to balance the marine ecosystem."
Maria D., Agios Nikolaos, Crete, 13 May 2022
- "Great idea, modern concept in problem mitigation. What the chefs created was really delicious, based on traditional Corfu flavors."
Amalia K., Corfu, 20 May 2022
- "Who knew that helping the environment would be so delicious!?!? With love from Michigan"
Ben, Hydra, 22 June 2022
- "Your initiative is amazing and my acquaintance with lionfish was unique. Thank you for giving me the opportunity to get to know it through your wonderful cooking."
Marietta, Kos, 20 October 2022