



# Fried Alligator

## Ingredients

- 2 pounds Florida alligator meat, cut into bite-sized pieces
- powdered garlic, salt and pepper to taste
- 3 Florida eggs
- 3/4 cup Florida milk
- 3/4 cup flour

## Preparation

Season alligator cubes with garlic, salt and pepper to taste. Combine eggs, milk and mix well. Roll each piece of alligator in flour then dip in egg and milk batter. Shake off excess batter and deep fry at 325 degrees F until golden brown.

## Nutritional Value Per Serving

Calories 606, Calories From Fat 351, Total Fat 39g, Saturated Fat 6g, Cholesterol 73mg, Total Carbohydrate 30g, Protein 35g



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# Easy Grilled Clams

## Ingredients

2 to 4 dozen Florida littleneck clams, rinsed well

## Preparation

Place clams on grill about 4 inches from coals or gas flame. Close cover and roast for approximately 10 minutes or until clam shells open. Check every few minutes for clams that have popped open. Carefully remove the open clams to an aluminum pan, reserving juices in shell. Serve clams in shells with melted garlic butter or vinegar sauce.

## Yield

4 servings

## Nutritional Value Per Serving

Calories 50, Calories From Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 45mg, Total Carbohydrate 3g, Protein 10g, Omega 3 Fatty Acid 0.11g

## Vinegar Sauce

1/2 cup cider vinegar  
1 teaspoon Florida garlic, minced  
1/2 cup Florida green onions, finely chopped  
1 teaspoon salt  
1 teaspoon black pepper, fresh ground  
1/4 cup Florida tomatoes, finely chopped

## Preparation

Combine ingredients in small bowl. Serve as dipping sauce for cooked clams.

## Yield

4 servings



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# Fancy Florida Seafood Gumbo

## Ingredients

- 12 ounces Florida oysters, drained
- 8 ounces Florida blue crab claw meat
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 garlic clove, minced
- 1 tablespoon butter
- 1 teaspoon anise seeds
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1 teaspoon crushed red peppers
- 1 10-ounce package frozen okra
- 2 20-ounce cans diced tomatoes

## Preparation

Remove remaining shell or cartilage from oysters and crab and set aside. Cook onion, celery and garlic in butter until tender. Add anise, salt, sugar, peppers, okra and tomatoes. Cover and simmer for 15 minutes. Add oysters and simmer an additional 15 minutes. Add crab and heat thoroughly. Serve over rice.

## Yield

8-10 servings

Combine ingredients in small bowl. Serve as dipping sauce for cooked clams.

## Yield

4 servings

## Nutritional Value Per Serving

Calories 23, Calories From Fat 2, Total Fat 0.23 g, Saturated Fat 0.02g, Trans Fatty Acid 0, Cholesterol 0mg, Total Carbohydrate 5g, Protein 0.5g, Omega 3 Fatty Acid 0.00g



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# Florida Blue Crab Imperial

## Ingredients

- 1 cup mayonnaise
- 2 tablespoons Florida sweet onion, minced
- 2 teaspoons chopped pimiento
- 2 teaspoons whole capers
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon liquid hot pepper sauce
- 2 pounds Florida blue crab meat, drained, shell pieces removed
- 2 tablespoons Italian bread crumbs
- 1 tablespoon paprika

## Preparation

Preheat oven to 375 degrees F. Combine first six ingredients in a large bowl. Gently fold in crab meat. Put crab mixture in an ovenproof casserole; top with bread crumbs and sprinkle with paprika. Bake at 375 degrees F for 30 minutes or until bubbling. Serve at once.

## Yield

8 servings

## Nutritional Value Per Serving

Calories 309, Calories From Fat 210 Total Fat 23g, Saturated Fat 3g, Trans Fatty Acid 0g, Cholesterol 98mg, Total Carbohydrates 2g, Protein 21g, Omega 3 Fatty Acid 0.00g



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# Florida Blue Crab Cakes

## Ingredients

- 1/4 cup Florida red onion, finely chopped
- 2 tablespoons fresh Florida parsley, chopped
- 3 tablespoons light mayonnaise
- 2 tablespoons Dijon mustard
- 3/4 teaspoon seafood seasoning
- 1/2 teaspoon Worcestershire sauce
- 2 egg whites, lightly beaten
- 1 pound Florida lump blue crabmeat, drained, shell pieces removed
- 1 1/2 cups panko (Japanese breadcrumbs), divided
- 2 tablespoons olive oil
- 3/4 cup fat-free chicken broth
- 3 tablespoons Florida shallots, chopped
- 2 tablespoons white wine vinegar
- 2 1/2 tablespoons butter

## Preparation

Combine first seven ingredients in a medium bowl. Gently fold in crabmeat and 3/4 cup panko crumbs. Cover and chill 30 minutes. Shape the crab mixture into 8 patties each 3/4-inch thick. In a shallow dish, roll patties in remaining 3/4 cup panko crumbs, coating evenly. In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden. For butter sauce, combine broth, shallots and vinegar in a small saucepan. Bring to a boil and cook until reduced to 1/4 cup. Remove from heat and stir in butter. Serve with crab cakes.

## Yield

4 servings

## Nutritional Value Per Serving

Calories 239, Calories From Fat 173 , Total Fat 20g, Saturated Fat 7g, Trans Fatty Acid 0, Cholesterol 110mg, Total Carbohydrate 36g, Protein 27g, Omega 3 Fatty Acid 0.21g



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# Flounder with Blue Crab Stuffing

## Ingredients

- 1 4-pound Florida flounder
- 1/4 cup vegetable oil

## Preparation

Remove scales, head and viscera from flounder. Rinse then cut flounder, using a sharp knife, lengthways down the middle of its dark side. The cut should be as deep as the back bone will allow. Tilt knife sideways and cut horizontally along each side of the backbone to make two pockets. Place fish on an oiled baking pan and loosely fill both pockets with Blue Crab Stuffing, see recipe below. Brush flounder with oil, making sure the fins are well coated. Bake in a preheated 350-degree F oven for 30 to 40 minutes or until the fish flakes easily.

## Blue Crab Stuffing

- 1 pound Florida blue crab meat
- 1/2 cup Florida onion, chopped
- 1 cup Florida celery, chopped
- 1 Florida green bell pepper, chopped
- 2 cloves Florida garlic, minced
- 1 cup butter
- 2 cups soft bread crumbs
- 3 Florida eggs, beaten
- 1 tablespoon fresh Florida parsley, chopped
- 1/2 teaspoon pepper

## Preparation

Remove pieces of shell or cartilage from crab meat. Cook onion, celery, green pepper and garlic in butter until tender, but not brown. Add remaining ingredients; mix well. Stuffing for six 3/4-pound flounder or one 4-pound flounder.

## Yield

6 servings



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# Herb-Crusted Baked Grouper

## Ingredients

- 4 6-ounce Florida grouper fillets
- 2 tablespoons olive oil
- salt to taste
- black pepper, freshly ground, to taste
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 4 tablespoons butter, melted
- 1 small yellow Florida onion, sliced

## Preparation

Preheat oven to 350 degrees F. Coat grouper liberally with olive oil. In a flat dish, crumble the herbs and mix well. Roll each filet in herb mixture, lightly coating each side. Season the filets with salt and fresh ground pepper. Place filets in a baking dish with onions; drizzle the melted butter evenly over the herbed filets. Place in oven and cook for 20 minutes until opaque in the center. Remove and serve filets topped with onions.

## Yield

4 servings

## Nutritional Value Per Serving

Calories 211, Calories From Fat 168, Total Fat 19g, Saturated Fat 8g, Trans Fatty Acid 1g, Cholesterol 41mg, Total Carbohydrates 6g, Protein 6g, Omega 3 Fatty Acid 0.00g

## Nutritional Value Per Serving

Calories 696, Calories From Fat 252, Total Fat 28g, Saturated Fat 10g, Cholesterol 346mg, Total Carbohydrate 27g, Protein 80g



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# Herb-Seared Mahi Mahi

## Ingredients

- 4 5-to-7-ounce Florida mahi-mahi fillets
- salt and pepper to taste
- 1 bunch Florida flat leaf parsley, finely chopped
- 1 sprig fresh Florida rosemary, finely chopped
- 1 small bunch fresh Florida thyme, finely chopped
- 2 tablespoons olive oil

## Preparation

Season fillets with salt and pepper. Mix together chopped herbs and press onto tops of fillets. Heat oil in a large sauté pan on medium-high heat; add fillets herb-side down. Sauté for 3 to 5 minutes on each side until cooked through.

## Yield

4 servings

## Nutritional Value Per Serving

Calories 238, Calories From Fat 76, Total Fat 9g, Saturated Fat 1g, Trans Fatty Acid 0, Cholesterol 149mg, Total Carbohydrates 1g, Protein 38g, Omega 3 Fatty Acid 0.13g



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# Lemon-Garlic Oysters

## Ingredients

- 36 Florida oysters in the shell
- 6 ounces butter, melted
- 1/4 cup lemon juice
- 1 teaspoon salt
- 1 tablespoon chopped garlic

## Preparation

Wash oysters thoroughly. Shuck and place oyster meat on deep half of shell; remove any remaining shell particles. Arrange on baking sheet, cover and refrigerate. Combine remaining ingredients in sauce pot and simmer on low heat for 10 minutes, let cool. Top each oyster with 1/2 teaspoon of butter mixture and bake in a preheated 350-degree F oven for 10 minutes or until edges begin to curl.

## Yield

6 servings



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# Red Hot Oysters

## Ingredients

36 Florida oysters in the shell  
3 ounces hot pepper sauce

## Preparation

Wash oysters thoroughly. Shuck and place oysters on deep half of shell; remove any remaining shell particles. Arrange oysters on baking sheet and top with 1/2 teaspoon of sauce. Bake in preheated oven at 350 degrees F for 10 minutes or until edges begin to curl.

Yield  
6 servings



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# Pompano with Blue Crab

## Ingredients

- 1/2 cup dry white wine
- 1/4 cup shallots, minced
- 3 tablespoons fresh Florida lemon juice
- 1 cup heavy cream
- 1/4 cup unsalted butter, cut into 1/2-inch cubes
- 1 1/2 teaspoons grated lemon peel
- 8 ounces fresh Florida blue crabmeat
- salt and pepper to taste
- 3 tablespoons olive oil
- 1 tablespoon shrimp boil or seafood seasoning
- 4 6- to 8-ounce Florida pompano fillets, skinless
- 1 bunch fresh Florida parsley, chopped

## Preparation

Combine wine, shallots and lemon juice in small saucepan. Boil over medium-high heat until mixture is reduced to 1/3 cup. Add cream; simmer 5 minutes until thickened. Add butter cubes a few at a time and whisk until melted. Stir in lemon peel. Add crabmeat to sauce and heat through. Add salt and pepper to taste; set aside and keep warm. In a large skillet, heat oil over medium-high heat. Season fillets with seafood seasoning and add to pan; cook 4 minutes per side until opaque in center. Place fillet in center of serving plate and top with crabmeat. Spoon additional sauce over all; sprinkle with parsley and serve.

## Yield

4 servings



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# Rock Shrimp Stuffed Grouper

## Ingredients

- 1 tablespoon olive oil
- 1/2 cup Florida yellow onions, minced
- 1/4 cup Florida celery, minced
- 1/4 cup Florida red bell pepper, minced
- salt and pepper to taste
- 1 teaspoon cayenne pepper
- 2 teaspoons Florida garlic, chopped
- 1/2 pound Florida rock shrimp, peeled
- 1/4 cup water
- 1 cup Italian bread crumbs
- 2 tablespoons fresh Florida parsley leaves, finely chopped
- 4 6-ounce Florida grouper fillets
- 1 tablespoon seafood seasoning
- 4 tablespoons unsalted butter, melted

## Preparation

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Heat the olive oil in a medium-size sauté pan over medium heat. Add the onions, celery, bell pepper and garlic; cook 2 minutes, stirring, until the vegetables are wilted. Add the shrimp and season mixture with seafood seasoning. Cook for 2 minutes then remove the pan from the heat. Pour the mixture into a medium-size mixing bowl. Stir in bread crumbs and enough water to bind the mixture. Add the parsley and season with salt and pepper. Set aside. On a cutting board, cut a v-shape pocket in the center of each fillet and fill with rock shrimp bread crumb mixture. Sprinkle the fillets with seafood seasoning and place on the prepared baking sheet. Drizzle with melted butter and bake 20 to 25 minutes until the fish flakes easily with a fork. Serve immediately.

## Yield

4 servings



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# Garlic Roasted Rock Shrimp

## Ingredients

- 6 tablespoons butter, divided
- 2 teaspoons seafood seasoning or shrimp boil
- 1 teaspoon cracked black pepper
- 2 cloves Florida garlic, finely chopped
- 1 tablespoon chopped fresh Florida basil
- 1 tablespoon chopped fresh Florida oregano
- 1 tablespoon chopped fresh Florida parsley
- 2 pounds Florida rock shrimp, split and deveined
- 1 tablespoon Worcestershire sauce
- 2 Florida lemons, juiced

## Preparation

In a heavy skillet melt butter over medium-high heat; add seafood seasoning, pepper, garlic and parsley. Sauté until garlic is soft then add shrimp. Cook 3 to 5 minutes until shrimp are opaque and cooked through. Add Worcestershire and lemon juice and stir well to coat shrimp with sauce. Serve with extra butter sauce and crusty garlic bread.

## Yield

4 servings



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# Rock Shrimp & Blue Crab Bisque

## Ingredients

- 2 tablespoons butter
- 4 tablespoons Florida shallots, diced
- 1 10-ounce can cream of shrimp soup
- 1 cup half and half
- 1/3 cup dry sherry
- 1 teaspoon dry mustard
- 4 tablespoons grated Parmesan cheese
- salt and pepper to taste
- 1 pound Florida rock shrimp, peeled and deveined
- 1 cup lump Florida blue crab meat

## Preparation

Melt butter in a large saucepan over medium-high heat. Add shallots and sauté for 3 minutes until soft. Stir in soup, half and half, sherry, mustard, parmesan cheese and salt and pepper to taste. Reduce heat and simmer 10 minutes to blend flavors. Add shrimp and simmer over low heat for 5 minutes. Gently stir in crab meat; heat until warmed through and serve.

## Yield

4 servings



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# Shrimp Skewers with Dipping Sauce

## Ingredients

	wooden skewers
1 tablespoon	lime juice
1 pound	shrimp
1 teaspoon	salt
1 tablespoon	vegetable oil
1 tablespoon	ginger, minced
1 teaspoon	garlic, minced
1 tablespoon	cilantro, minced, optional
1	small jalapeno pepper, finely minced
1 tablespoon	soy sauce

## Preparation

Soak wooden skewers in warm water. Clean shrimp but leave tail on. Combine remaining ingredients. Add shrimp to marinade mixture and refrigerate 30 minutes to 2 hours. Thread 2 shrimp on each skewer. Grill or broil on each side for about 4 minutes or until shrimp are opaque. Serve with Shrimp Dipping Sauce.

## Yield

6 appetizer or 4 entree portions

## Dipping Sauce

1/2 cup	soy sauce
1 teaspoon	smoked sesame oil
1 teaspoon	ginger, minced
1 tablespoon	rice wine vinegar
1 teaspoon	garlic, minced
1/2 teaspoon	red pepper flakes

## Preparation

Combine all ingredients and serve with Shrimp Skewers.



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## Red Snapper & Blue Crab

### Ingredients

- 4 6-ounce Florida snapper fillets
- 1 tablespoon shrimp boil or seafood seasoning
- 1/2 cup dry white wine
- 1/4 cup Florida shallots, minced
- 3 tablespoons fresh Florida lemon juice
- 1/2 cup heavy cream
- 2 tablespoons unsalted butter
- 1 1/2 teaspoons grated lemon peel
- 8 ounces fresh Florida blue crabmeat
- salt and pepper to taste
- 1 bunch fresh Florida parsley, chopped

### Preparation

Preheat oven to 350 degree F. Season fillets and place in a greased oven proof dish. Set aside. In small saucepan, combine wine, shallots and lemon juice over medium-high heat; boil until mixture is reduced to 1/3 cup. Stir in cream slowly; simmer 5 minutes until thickened. Whisk in the butter 1 tablespoon at a time until melted. Stir in lemon peel, crab meat, salt and pepper and heat through. Top fillets with crabmeat mixture and bake 20 minutes until fillets are cooked through and opaque in center. Sprinkle with parsley and serve.

### Yield

4 servings



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# Steamed Lobster

## Ingredients

- 2 1-pound whole uncooked Florida lobsters, fresh or frozen
- 3 tablespoons salt
- clarified butter

## Preparation

Thaw lobsters if frozen. In a 6-quart saucepan, bring 3 quarts of water and salt to a boil. Place lobsters in boiling water; cover and return to boiling point. Reduce heat; simmer 12-15 minutes. Larger lobsters will take a little more cooking time. Drain; rinse with cold water for 1-2 minutes. Split and clean lobsters. Serve with clarified butter.

Yield  
2 servings



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# Grilled Lobster

## Ingredients

- 1/2 cup butter, softened
- 1/4 cup olive oil
- 2 large Florida shallots, peeled and quartered
- 4 large Florida garlic cloves, peeled and halved
- 1 teaspoon cayenne pepper
- 1 salt
- 1 black pepper, freshly ground
- 4 whole Florida spiny lobster, split in half lengthwise

## Preparation

Combine first 6 ingredients in processor and blend until almost smooth. Spread 1 heaping teaspoon seasoned butter over each lobster tail. In a small saucepan melt remaining seasoned butter; keep warm. Grill lobster tails, shell side down, 6 minutes. Turn over and grill until meat is just opaque in center, about 2 minutes. Serve with melted butter.

## Yield

4 servings



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## Blackened Swordfish

### Ingredients

- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons dried marjoram
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons cayenne pepper
- 2 teaspoons salt
- 1 teaspoon black pepper, freshly ground
- 1/4 cup olive oil
- 4 6-ounce Florida swordfish steaks, 1 1/2 inches thick, skin removed

### Preparation

Combine the herbs, cayenne, salt, and pepper in a medium mixing bowl. Heat an iron skillet over high heat 5 to 10 minutes until very hot. While pan is heating, brush the steaks on both sides with olive oil; pat herb mixture onto both sides of each steak. Place the steaks in the pan over high heat; cook for about 2 minutes. Turn steaks and cook for 2 to 6 minutes more, depending on thickness. (Note: May substitute commercially prepared blackening seasoning for spice mixture.)

### Yield

4 servings



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# Grilled Swordfish

## Ingredients

- 1 cup Florida pink grapefruit sections
- 1 cup Florida orange sections
- 1 cup Florida papaya cubes
- 1 Florida star fruit, diced
- 1 cup Florida mango cubes
- 1 medium Florida red onion, finely diced
- 1 tablespoon Florida fresh cilantro, chopped
- 1 tablespoon mint, chopped
- 2 tablespoons orange liqueur (optional)
- 4 6-ounce swordfish steaks, 1 1/2 inch thick, skin removed
- 1 tablespoon olive oil
- sea salt
- black pepper
- mint sprigs for garnish

## Preparation

Make the Mango Citrus Salsa by combining all ingredients except swordfish, oil, salt and pepper in a medium bowl. Mix well and set aside to let flavors blend. Brush swordfish steaks with olive oil then season with salt and pepper to taste. Grill steaks over medium-high heat for 4 minutes per side or until cooked through. To serve, spoon the Mango Citrus Salsa over the swordfish steaks and garnish with mint sprigs.

## Yield

4 servings



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## Ybor City Filets - Tilefish

### Ingredients

- 1 1/2 pounds Florida tilefish fillets
- 1 1/2 cups Florida yellow bell pepper, diced
- 1 1/2 cups Florida green bell pepper, diced
- 2 cups cooked yellow rice
- 2 teaspoons Florida garlic, minced
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 tablespoon paprika

### Preparation

Cut fish into approximately 2x2-inch pieces. Mix bell peppers with cooked rice; set aside and keep warm. In mixing bowl combine garlic and spices and fish. Mix ingredients until fish is coated well. Place fish on a lightly oiled broiler pan and broil 4 to 6 inches from heat for 5 to 6 minutes on each side. Fish is done when it flakes easily when tested with a fork and is opaque in the center. Serve immediately with yellow rice.

Yield  
4 servings



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