



Dinner Recipe: Banzino

Ingredients

- 5 Tablespoons of coconut oil
- 1 Whole rind of lime grated
- Juice of one whole lime
- 4 Banzino fillets (deboned and cleaned inside, leave the tale on if you wish)
- 1 ½ Teaspoons of cumin seeds
- ¼ Teaspoon Turmeric
- 1 ½ Teaspoon black mustard seeds
- 1 ½ Teaspoon coriander seeds
- 1 ½ Fennel seeds
- 2 Cloves garlic (finely chopped)
- 1.5 Inches ginger (fresh, chopped)
- Chili powder to taste (a pinch or two)
- 3 Shallots (finely chopped)
- Salt (to taste)
- Pepper (to taste))
- Fresh red chilies (to garnish)
- Cilantro (to garnish)
- Lemon Wedges (to garnish)

Instructions

1. Mix together 2 tablespoons of coconut oil, salt, pepper, lime rind and lime juice and mix it well.
2. Add in the Branzino.
3. Be careful not to break the fish, do it delicately.
4. Put in refrigerator and chill until you are ready to cook.
5. Put the broiler on high in your oven.
6. Take your Branzino out and place on a baking sheet, skin side down and broil for 6 minutes or until it becomes flakey when you piece it.
7. On your stove heat the remaining oil that's left over in a wok on the stove.
8. Add in the cumin seeds, mustard seeds, coriander seeds, fennel seeds until the mustard seeds begin popping and the cumin and coriander will brown.
9. Make sure not to over do it.
10. Take it off the heat.
11. Add in the garlic, shallots chili powder, salt, pepper and turmeric.
12. Squeeze the lemon wedges on top of it.
13. Garnish with chili and cilantro.