

# SAVORY SEAFOOD

STEP BY STEP RECIPES YOUR KIDS WILL LOVE



Florida Department of Agriculture and Consumer Services  
Adam H. Putnam, Commissioner

# SAVORY SEAFOOD

## STEP BY STEP RECIPES YOUR KIDS WILL LOVE

**“What’s for dinner?” The question asked by children daily.**

Well never fear! You now have a handy guide to quick and easy seafood recipes for your family.

We know that buying seafood might not be something everyone is familiar with, so here are a few basic guidelines:

- Always purchase from reputable commercial sources such as your neighborhood fish market or grocery store. The seafood you buy should have a mild smell, similar to the ocean and have a translucent look with flesh that is firm and not separating.
- If you’re not sure how much to buy, speak with the person behind the counter. For the recipes below, you can use any type of mild, white fish. You can purchase shrimp that is already peeled and de-veined or with the shell-on.
- Fish is done when the flesh becomes opaque and flakes easily at the thickest part. Shrimp cooks quickly and changes to a pink color.

**Now that you know some seafood basics, you are ready to start!  
These recipes are laid out step by step with clear instructions.**

**Simple and fast – perfect for your busy family!**

**FL-Seafood.com**

# Crispy Baked Florida Fish Stix

## Ingredients

1 pound Florida fish (mahi-mahi or grouper), cut into strips  
1 large egg, lightly beaten  
1/4 cup low-fat milk  
2 cups panko bread crumbs  
1 cup natural all-purpose flour

Cooking spray

Sea salt to taste

## Preparation

Preheat oven to 400°. Pour flour and panko bread crumbs into separate bowls. In a third bowl, mix the egg and milk together.

Lightly dredge the bottom of each fish strip in flour and shake off excess. Next, take the floured fish strips and put them into the milk and egg mixture. Make sure all sides are coated with the egg mixture. Finally, put the egg-mixture-coated fish strips into the panko bread crumbs. Use your hand to help coat the fish strips with the panko bread crumbs. Continue this process until all the fish strips are breaded.

Spray a cookie sheet lightly with cooking spray. Arrange the breaded fish strips on the cookie sheet 1 inch apart. Lightly spray the top of the breaded fish strips.

Place cookie sheet in the preheated oven. Cooking time of the breaded fish strips will vary depending on size, but should only take about 7 to 10 minutes to cook. To test the doneness of the fish strips: cut one in half - it should flake easily - or insert a kitchen thermometer into the thickest part of the fish and obtain a reading of 145° or higher.

**Yield 4 Servings**



FreshFromFlorida.com



# Florida Fish Dog

## Ingredients

1 pound	Florida fish (mahhi-mahi or grouper), cut into bite-size nuggets
4	whole-wheat hot dog buns
1/2 cup	natural all-purpose flour
1 teaspoon	canola or olive oil
2 tablespoons	light mayonnaise or plain yogurt
1/2	lemon, juiced
1 teaspoon	low-sodium seafood seasoning
1/4 cup	scallions, sliced
1/4 cup	Florida celery, finely diced
1/2 cup	pickle, finely diced
1 large	Florida tomato, sliced

## Preparation

Preheat a medium-sized non-stick sauté pan over medium-high heat. Lightly dust the fish bites with the flour and shake off excess. Add oil to the hot pan. Carefully add the fish bites to the hot pan. Cook the fish bites for several minutes until golden brown and cooked throughout.

Cooking time of the fish bites will vary depending on size but should only take 2 to 4 minutes to cook. To test the doneness of the fish strips: cut one in half - it should flake easily - or insert a kitchen thermometer into the thickest part of the fish and obtain a reading of 145° or higher.

When the fish is cooked, remove from pan onto clean paper towel to cool and drain. Place in the refrigerator to cool off completely. This step can be done well ahead of serving time.

In a medium sized mixing bowl, combine mayonnaise or yogurt, lemon juice, seasoning mix, scallions, celery and pickle. Add more seafood seasoning to mixture to your taste. Carefully stir fish into dressing, trying not to break fish apart. Serve on hot dog buns and top with sliced tomato.

## Yield 4 Servings



FreshFromFlorida.com



# Curly Shrimp Pasta

## Ingredients

- 1 pound small fresh Florida shrimp, peeled, cut in half long ways and blanched
- 1 tablespoon canola oil or olive oil
- 1 Florida zucchini, finely diced
- 1 Florida yellow squash, finely diced
- 1 pound whole wheat pasta (your favorite shape),  
cooked per package directions and drained
- 2 cups marinara sauce (homemade or your favorite)
- Grated parmesan cheese for garnish
- Sea salt and freshly ground pepper to taste

## Preparation

Heat oil in a large sauté pan over medium-high heat. Add the diced zucchini and squash and cook for two minutes or until it starts to become soft. Add the shrimp to the pan and continue to cook for another minute. Add cooked pasta and sauce to the shrimp mixture and stir to combine. Simmer for 5 minutes. Serve warm with grated cheese.

## Yield 4 Servings

*Chef's Tip: This is a great recipe for using up leftover shrimp. Serve pasta with a garden salad and crusty bread.*



FreshFromFlorida.com



# Florida Shrimp Rolls

## Ingredients

1 pound medium fresh Florida shrimp, peeled and cooked  
4 to 6 whole wheat tortilla wraps  
4 large Florida lettuce leaves  
1 cup Florida carrots, shredded  
1 large Florida tomato, sliced  
1/2 lemon  
Low-fat mayonnaise  
Seafood seasoning blend  
Sea salt and freshly ground pepper to taste

## Preparation

To assemble wraps, spread a light layer of mayonnaise over the surface of 3/4 of each wrap. Add lettuce, carrot and tomato evenly on each wrap. Top each wrap with cooked shrimp. Lightly season the wrap with seafood seasoning, salt and pepper and a squeeze of lemon juice. Firmly roll each wrap up. Slice rolls in half or into quarters. Serve with fresh Florida fruit salad.

## Yield 2 to 4 Servings

*Chef's Tip: Experiment with a variety of freshly cooked Florida seafood in this recipe.*



FreshFromFlorida.com



# Cheesy Shrimp Nachos

## Ingredients

- 1/2 pound small fresh Florida shrimp (or large shrimp cut into bite sized pieces), blanched and peeled
- 1/4 pound tortilla chips
- 1 cup low sodium black beans, cooked, rinsed and drained
- 1 1/2 cup shredded low-fat cheese
- 1 large Florida tomato, finely diced
- 1/4 cup scallions, sliced

## Preparation

Pre-heat oven to broil. In a large oven-proof platter, place tortilla chips in a single layer. Sprinkle black beans on top of the chips. Sprinkle half of the shredded cheese evenly on top of the tortilla chips. Evenly distribute the shrimp on top. Add the diced tomato as the next layer. Sprinkle the remaining cheese over the top of everything else. Place the platter of nachos in the oven, and watch it carefully. Cook under broiler for 2 minutes or until cheese is melted. Remove from oven and let cool slightly. Garnish nachos with sliced scallions.

## Yield 2 to 4 Servings

*Chef's Tip: This is a great recipe to use with leftover shrimp. Picked Florida crabmeat is a great addition to this recipe. Serve nachos with low fat sour cream and fresh Florida tomato salsa.*



FreshFromFlorida.com



# Honey Glazed Shrimp

## Ingredients

- 1 pound large fresh Florida shrimp, peeled and deveined
- 1 tablespoon canola or olive oil
- 1 Florida orange, juiced
- 1 tablespoon Florida honey
- 1 cup natural all-purpose flour

## Preparation

Preheat a large sauté pan over medium-high heat. Lightly dredge shrimp in the flour and shake off excess. Add 1 tablespoon of oil to hot pan. Add the floured shrimp to the pan and cook for about 3 minutes until lightly golden brown. Add orange juice and honey. Continue to cook shrimp until the juice and honey have formed a glaze. Remove from pan and serve warm.

## Yield 4 servings

*Chef's tip: Serve shrimp with sweet potato fries and fresh fruit.*



FreshFromFlorida.com



# Florida Fish Mini Burgers

## Ingredients

- 1 pound fresh Florida fish (mahi or grouper), cut into 4 ounce portions
- 1 teaspoon canola or olive oil
- 4 mini whole wheat rolls
- 2 large Florida lettuce leaves, torn in half
- 1 medium Florida tomato, sliced

Your favorite condiments

Sea salt and fresh ground pepper to taste

## Preparation

Preheat a medium-sized sauté pan over medium-high heat. Add oil to hot pan. Lightly season fish fillets on both sides with salt and pepper and carefully add to the sauté pan. Cook fish 3 minutes on both sides until golden brown and completely cooked throughout. Make sure to test the doneness of the fillets by inserting a kitchen thermometer into the thickest part of the fish and obtaining a reading of 145 degrees or higher. Remove fish from pan and let the fillets rest while you assemble the other ingredients.

To make a fish burger, place fish on the bottom bun and add lettuce, tomato, your favorite condiments and the top bun.

## Yield 4 Servings

*Chef's Tip: Use any topping you like – cheese, onion, cucumber, etc. Serve with pickles and whole wheat chips.*



FreshFromFlorida.com

