

Chef Susan Spicer's Sautéed Red Snapper With Cucumbers, Pineapple, and Chilies

Makes 4 servings

Ingredients

1 medium cucumber, peeled
½ pineapple, peeled, cored, and cut into ¼-inch dice
Juice of 1 lime
2 tablespoons sugar
2 tablespoons fish sauce
½ teaspoon minced fresh ginger
2 teaspoons minced or grated lemongrass
(fresh or frozen)
2 fresh Thai chilies or ½ teaspoon sambal oelek
(red chili paste)
4 pieces red snapper fillet, about 6 ounces each
Salt
Pepper
2 teaspoons canola oil
2 tablespoons chopped fresh herbs, such as cilantro,
basil, mint, or a combination

Technique

Cut peeled cucumber lengthwise into four pieces, then remove the seeds, slicing lengthwise with a small knife. Cut crosswise into ¼-inch slices and place in a bowl with the diced pineapple.

Mix the lime juice, sugar, fish sauce, ginger, lemongrass, and chilies or sambal oelek in a small bowl, stirring until sugar is dissolved. Pour over the cucumbers and pineapple, stirring to mix.

Pat the red snapper fillets dry, then season with salt and pepper. Heat oil in a sauté pan and, when it is almost smoking, place the fish in the pan. Lower heat to medium and cook about 4 minutes on the first side, then turn and finish cooking, about 2 minutes. Transfer fish to plates and top with the cucumber-pineapple sauce. Sprinkle with herbs.

If desired, serve with rice mixed with chopped scallions.



Chef Susan Spicer

Susan Spicer has been a fixture of New Orleans fine cuisine for more than three decades, operating restaurants and specialty food markets including Bayona, MONDO, and Wild Flour Breads. She has earned multiple distinctions, including induction into the James Beard Who's Who of Food and Beverage in America, and has attracted national praise for her restaurants. Chef Spicer was featured in the 2009 finale of "Top Chef," and she has written a cookbook, *Crescent City Cooking: Unforgettable Recipes From Susan Spicer's New Orleans*.



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Red Snapper From The Gulf of Mexico: SHOWING PROMISE



Carol and Bob Cox

Red snapper is renowned from coast to coast for its sweet mild flavor and lean texture. Unfortunately, decades of overfishing took a heavy toll on this fish, leaving populations depleted from the South Atlantic to the Gulf of Mexico. In 2007, new red snapper conservation and management measures were implemented in the Gulf, including science-based annual catch limits, as a result of the Magnuson-Stevens Fishery Conservation and Management Act. Overfishing on red snapper probably stopped in 2009 in the Gulf of Mexico, and studies indicate that the fish have increased in size, abundance, and geographic range, enabling managers to increase the quota for 2012. If managers stick to the rebuilding plan, fishermen in the Gulf will continue to be able to sustainably catch more red snapper, and the fish will provide a growing source of jobs, income, and great seafood.

Source: www.fishwatch.gov



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www.PewEnvironment.org/usfish