



From Our Boats To Your Table!

## Corn Crusted Tilefish

Serves 8

### Ingredients

- 9 cups fresh corn kernels
- 5 tablespoons oil
- 1 jalapeno pepper stemmed, seeded & minced
- 1 thai chile, stemmed, seeded & minced
- 1 garlic clove, mince
- 3 tablespoons chopped cilantro
- 8 - 5 oz tilefish fillets
- wondra flour
- 4 large egg whites
- 1 teaspoon achiote paste
- 1/2 lb uncooked medium shrimp, peeled, devined

### Directions

Preheat oven to 350 degrees.

Spread 6 cups of corn in a sheet pan. Roast until crisp and light brown, stirring occasionally, about 20 minutes. Cool.

Heat 1 tablespoon of oil in a saucepan over medium high heat. Add remaining 3 cups of corn, jalapeno and thai peppers, and garlic; sauté until corn is crisp-tender, about 2 minutes. Stir in cilantro. Keep warm.

Season fish with salt and pepper. Dust with wondra flour to coat. Beat egg whites in shallow bowl until foamy. Dip fish into whites. Press fish into roasted corn to coat on both sides. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add fish; sauté until opaque in center, about 2 minutes per side. Divide corn-chili mixture among 4 plates, place some green rice next to the corn; top with fish.

Meanwhile, stir remaining 2 tablespoons oil and achiote paste in medium bowl to blend. Add shrimp and toss to coat. Heat a sauté pan over medium high heat. Add shrimp mixture and sauté until shrimp are just opaque in center, about 4 minutes. Season with salt and pepper. Spoon shrimp on top of and around fish.