

Lionfish

Pterois volitans



- Region of Origin:** The South Pacific and Indian Oceans (i.e., the Indo-Pacific region).
- Habitat:** Lionfish are found in almost all marine habitat types found in warm marine waters of the tropics.
- Current Range:** Indo-Pacific region, Atlantic Ocean's Southeastern US coastline, the Caribbean and Gulf of Mexico.
- Life Span:** 6 Years in the Wild

People have been dumping lionfish into the Atlantic for 25 years, and these voracious invaders are also abundant in the Caribbean and Gulf of Mexico. Since lionfish are not native to Atlantic waters, they have very few predators. They feed on native reef life such as small crustaceans and fish, including important commercial fish species such as snapper and grouper. Divers hunt them, conservation organizations host fishing competitions, and lobster fishermen trap them. But we can all help lessen their impact by eating them! They are delicious. Lionfish have a buttery mild flavor, and most flaky meat that allows these Omega-3 rich fish to be prepared in many exciting ways to please any palate.

Lionfish Ceviche

Recipe by Tricia Ferguson & Lad Akins

Courtesy of Tricia Ferguson & Lad Akins of The Lionfish Cookbook, and posted by Erin Spencer in her article: Lionfish: Gotta Eat 'Em to Beat 'Em, published in Explorers Journal, National Geographic, July 10, 2013.

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|----------------------------|---------------------------------|
| 8 ea Lionfish Fillets | 8 ea Limes |
| 1 ea Tomato | ½ tsp Salt |
| 2 ea Scotch Bonnet Peppers | 2 Tbsp Cilantro, finely chopped |
| ½ ea Onion | |

- Dice fish into 1-inch pieces and place in a shallow dish.
- In a small bowl, juice the 8 limes.
- Add the lime juice to fish and marinate 1 ½ hours.
- Dice the onions, tomatoes, and scotch bonnet peppers, and add to fish mixture.
- Stir in salt and cilantro.
- Cover and place back in refrigerator for 30 minutes.
- Remove from refrigerator and serve.PP



Lionfish Ceviche prepared by Chef Kareem Anguin from the Oceanaire Seafood Room in Miami, FL; photo copyrighted and courtesy of Erin Spencer.