

Chef Paul Lawrence
The Hickory Stick

Shrimp Stuffed Lionfish

Ingredients

4 fillet of lionfish
8 raw shrimp peeled and deveined
1 egg white
White wine
Heavy cream salt & pepper

Method

Place shrimp in blender with egg white and a little heavy cream and blend into a paste add salt and pepper

Lay the lionfish fillets flat and spread the paste on half of each fillet and fold the other half over sandwiching the shrimp

Place lionfish on a butter dish and pour white wine until halfway up the fish

Cover with buttered parchment paper and poach fish in a hot oven (400 F)

The fish will cook quickly so be careful

Remove lionfish and place cooking liquor into a saucepan and reduce by half

Add heavy cream and reduce until the sauce coats the back of a spoon

Season with salt and pepper

Plate lionfish and coat with the sauce

You can try many different garnishes for example add sliced button mushrooms or diced tomatoes while poaching the lionfish