

JAMAICAN JERK FISH

By Dr. Cindy Tanzar

Once again, new flavors are key in adding variety to your menu. Jerk seasoning adds so much depth of flavor to fish or chicken. There are many different recipes that vary the flavors from spicy, sweet, smoky, and earthy. Store bought jerk sauces can often contain ingredients that are unhealthy or unfriendly for weight loss. Try varying the spices in the recipe to add more of what you prefer and reduce or eliminate those you don't enjoy. Grilling, broiling or baking is great for this recipe, but you can also roast a whole fish, as well.

Makes 4 servings.



INGREDIENTS

- 1 lb. wild-caught salmon, swordfish, tuna, mahi-mahi, halibut, grouper, cod, haddock (use individual filets or cut large filets into 4 portions)
- 1 tsp. ground cinnamon
- 1 tsp. cumin
- 1 tsp. ground allspice
- 1 tsp. ground ginger
- 1 tsp. onion powder
- 1 tsp. Pink Himalayan salt
- 1 tsp. smoked paprika



- ¼ tsp. cayenne pepper
- ¼ tsp. dried thyme
- 2 Tbsp. avocado oil
- 1-1/2 oz. fresh lime juice

INSTRUCTIONS

In a small mixing bowl, whisk together spices, oil and lime juice. Place fish onto a flat, glass Pyrex dish (or 1-gallon Ziplock bag). Pour marinade over fish, evenly coating each piece. For the most flavor, marinate at least 2-4 hours (but can be done in ½ hour).

Preheat grill or preheat oven to 375°F. Grill fish approximately 4 minutes per side or until firm in the middle, flipping once.

For broiling, place fish on a foil-lined baking sheet, about 5-6" from the heat. Broil approximately 5-6 minutes per ½ inch of thickness or until fish is opaque and flakes easily with a fork.

If using the oven, place fish on a foil-lined baking sheet and bake approximately 15-20 minutes or until firm in the middle and flakes easily with a fork.

This marinade is great for chicken, as well.