

Cook Your Catch - Last Look Outfitters

Southern Fried Snakehead Bites

Ingredients:

- 1 lb snakehead fillets, cut into bite-sized chunks
- 1 cup buttermilk
- 1 cup all-purpose flour
- ½ cup cornmeal
- 1 tsp garlic powder
- 1 tsp paprika
- Salt & pepper
- Oil for frying
- Hot sauce (optional)

Instructions:

1. Soak snakehead chunks in buttermilk for at least 30 minutes.
2. In a bowl, combine flour, cornmeal, garlic powder, paprika, salt, and pepper.
3. Heat oil in a deep skillet or fryer to 350°F.
4. Dredge the soaked fish in the flour mixture until well-coated.
5. Fry in batches for 2-3 minutes per side or until golden brown and crispy.
6. Drain on paper towels and season lightly with salt.
7. Serve with hot sauce, ranch, or your favorite dipping sauce.

Grilled Snakehead with Lemon Herb Butter

Ingredients:

- 2 large snakehead fillets
- Olive oil
- Salt & pepper
- 1 tsp garlic powder
- 1 lemon (sliced)
- 3 tbsp butter (melted)

- Fresh herbs: parsley, thyme, or dill

Instructions:

1. Preheat grill to medium-high heat.
2. Brush fillets with olive oil and season with salt, pepper, and garlic powder.
3. Grill fillets for 4-5 minutes per side or until the fish flakes easily with a fork.
4. Combine melted butter with chopped herbs and lemon juice.
5. Drizzle the lemon herb butter over the grilled fillets.
6. Garnish with fresh lemon slices and herbs.

Crispy Fried Ray Wings

Ingredients:

- 1 lb ray wing, cleaned and cut into strips
- 1 cup buttermilk
- 1 cup all-purpose flour
- 1 tsp paprika
- 1 tsp garlic powder
- Salt & pepper
- Oil for frying
- Lemon wedges or hot sauce

Instructions:

1. Soak ray strips in buttermilk for 30-60 minutes.
2. Mix flour, paprika, garlic powder, salt, and pepper in a bowl.
3. Heat oil to 350°F.
4. Coat ray strips in the flour mixture.
5. Fry for 2-3 minutes per side until golden and crisp.
6. Serve hot with lemon wedges or hot sauce.

Slow-Cooked BBQ Pulled Ray

Ingredients:

- 2 lbs ray wing meat, cleaned and deboned

- 1 large onion, sliced
- 1 cup BBQ sauce
- 1 cup chicken broth
- 1 tbsp brown sugar
- 1 tsp smoked paprika
- Salt & pepper
- Buns or sandwich rolls
- Coleslaw (optional)

Instructions:

1. Season ray meat with salt, pepper, and smoked paprika.
2. Layer sliced onions at the bottom of a slow cooker.
3. Add ray meat, chicken broth, BBQ sauce, and brown sugar.
4. Cook on low for 6-8 hours until the meat is tender.
5. Shred the meat with forks and mix with the sauce.
6. Serve on buns with coleslaw.