

INGREDIENTS

4 Red Sea Goatfish (mullet)
200 g carnaroli rice
1 shallot
40 g white wine
200 g vegetable stock
300 g cooked red beetroot
5 g rosemary
Zest from 1 lemon
Zest from 1 lime
60 g unsalted butter
120 g smoked graviera cheese
Seasoning of your preference

Red Sea Goatfish with beetroot risotto



METHOD 4 PORTIONS

1. Fillet the Red Sea Goatfish and let it aside.
2. Chop and sauté the shallot with olive oil on low heat.
3. Add the risotto and stir well.
4. Once the rice gets warm, add the white wine.
5. Add little by little the stock until the rice is halfway cooked.
6. Cut the beetroot brunoise and add it to the risotto along with the chopped rosemary.
7. Season with salt and pepper and continue the cooking by adding vegetable stock.
8. Meanwhile season the Red Sea Mullet with salt, pepper and lime zest and sauté it in a non-stick frying pan with the skin side down.
9. Once is cooked for more than halfway and has a nice crispy golden-colored skin, flip it, and add some butter.
10. Once the risotto is cooked, remove it from the heat, add butter and smoked graviera cheese, and mix well to combine.
11. At the very end, add zest from 1 lemon and mix.
12. Serve the risotto with 2 fillets of fish.

Recipe: Chef Eftixios Charitou - Harmony by the Sea

THE PROBLEM

Biological pollution ranks amongst the greatest threats to biodiversity in the marine environment. Among marine ecosystems altered by biological invasions, the Mediterranean Sea undergoes the most intense and exceptionally rapid changes globally and more than 1000 alien species (>1000) have entered the basin, mainly through the Suez Canal. Invasive Alien Species (IAS) have socio-economic effects in local communities with impacts on commercial fisheries, tourism, and ecological consequences.

The project *FishTheAlien*

Aims to:

- Challenge traditional narratives.
- Motivate the public and fishers to target non-indigenous species instead of high trophic native species.
- Promote sustainable seafood consumption and sustainable fishery.
- Build incentives to achieve frequent and large removals of alien species on a financially sustainable basis for fisheries.

The project is implemented by the **Marine and Environmental Research (MER) Lab** in collaboration with **iSea**, funded by the **Cyprus Environment Foundation (CEF)**.



About the chef *Petros Yiangou*

After travelling, studying, and working for 7 years around the world, I finally found my way back to my mother country. My experiences abroad have exposed me to a variety of culinary perspectives and have broadened my culinary horizons and palate. Now, I proudly lead an amazing team of chefs and cooks to build creatively delicious menus.

My passion for cooking and my love for my island country have motivated me to start researching the Mediterranean Sea and working with its products. This has led me to discover the important issue, and threat, that invasive species pose to the marine ecosystem of the Mediterranean Sea. My goal is to educate Cypriots on this significant matter and motivate them to consume such species, thus helping the natural environment and the local economy of the island.

Supporters:



CONSUME THE ALIENS

Help the ecosystem



Sphyraena chrysotaenia
Yellowstripe barracuda



Pterois miles common
Common lionfish



Fistularia commersonii
Bluespotted cornetfish



Siganus sp.
Rabbitfish



Parupeneus forsskali
Red Sea Goatfish



Callinectes sapidus
Blue crab





Blue Crab croquettes

with ginger mayonnaise

INGREDIENTS

For the croquettes:

120 g Blue Crab meat
50 g mascarpone
12 g parmesan cheese
Zest from 2 limes
Half lemongrass
(grated on microblade)
Piment d' Espelette
Salt
Flour
Eggs
Panko

For the mayonnaise:

2 egg yolks
½ tsp Dijon mustard
500 ml sunflower oil
20 ml ginger oil
1 Tbsp champagne vinegar
Sea salt

METHOD

Prepare a mayonnaise and add 20ml ginger oil or enough to your desire taste.

1. Clean the meat from the Blue Crab very carefully to avoid any hard parts from the crab.
2. Mix the crab meat with the rest ingredients and check the seasoning.
3. Form balls of 15 g each and make them panée with flour, eggs, and panko.
4. Deep fry the croquettes and serve them with some ginger mayonnaise.



Recipe: Chef Petros Yiangou –
Harmony by the Sea

Lionfish with chorizo cassoulet

INGREDIENTS

For the fish:

6 lionfish fillets
200 g haricot beans (cooked)
50 g chorizo
20 g mussels
150 g tomato (cubes)
Dill
Samphire

For the madeira reduction:

100 ml madeira wine
100 ml chardonnay wine
100 ml champagne vinegar
½ shallot
10 g thyme
1 clove garlic

For the citrus sauce:

400 g fresh cream
100 g madeira reduction
10 g lemon juice
60 g unsalted butter
Pinch of salt

METHOD

Reduce the madeira reduction to 1/3

For the citrus sauce:

1. Combine the fresh cream and the madeira reduction and boil until it thickens.
2. Blend the butter, the lemon juice, and the salt together with the madeira and cream reduction.

For the fish:

1. Fillet the lionfish carefully and wash through.
2. Sauté the chorizo and add the cooked haricot beans. Add the citrus sauce, the mussels, and the tomato.
3. Warm up thoroughly, add the dill and the samphire. Season and pan fry the lionfish fillets.
4. Serve the cassoulet in a bowl plate and place 3 fillets of lionfish on the top.
5. Garnish with dill, and samphire or any other herbs you may like.



4 PORTIONS

Recipe: Chef Petros Yiangou –
Harmony by the Sea



Fish miso soup with barracuda

soba noodles, scallions, bean sprouts and fried sliced garlic

INGREDIENTS

8 barracuda fillets

4 portions soba noodles
1 bunch spring onion
4 garlic cloves, thinly sliced
100 g bean sprouts

For the fish stock:

Bones from the barracuda
Ginger
1 garlic clove

30 g white miso paste
Sake

1 piece of kombu juice from 1 lime

METHOD

For the fish stock:

1. After removing the fillets from the fish, take the head and bones, wash them, add salt and leave them for 1 hour in the fridge.
2. Wash the bones with hot water and add them to a pot.
3. In the pot add the garlic, the ginger, the spring onion, and the kombu.
4. Add cold water and leave it on low heat until the stock is fully flavored.
5. It is important to remove the kombu at 20 minutes.
6. Strain the stock and add the miso paste and season with salt and pepper.
7. Turn off the heat and add the lime juice and the sake.

To serve the fish:

1. Burn the skin of the barracuda, fry the garlic slices and cook the noodles.
2. Thinly cut the onions and wash them with plenty of water.
3. Add the cooked noodles, the fried garlic, and the bean sprouts to a plate and place on top the fish fillets.
4. Serve the broth, either on the side or in the dish.

Recipe: Chef Thanasis Karpatitis –
Harmony by the Sea

4 PORTIONS