

Black Eyed Mullet



Ingredients

You have black eyed peas and left over mullet...what to do....why make Black Eyed Mullet of course!!!

You can use Mackerel, Swordfish or Tuna, just make sure you're using Gulf Wild Caught Fish!!

1/2 mullet or other fish, smoked, grilled or broiled

1 30 oz can of black eyed peas, if you use dry peas cook the peas according to the package

1/2 onion chopped

1/2 green pepper chopped

2 teaspoon garlic minced

1 can tomatoes (use can size of your choice)

1 teaspoon liquid hot pepper sauce

1 teaspoon salt

1/4 cup Cider vinegar

Break the fish into bite sized portions, set aside. Mash peas lightly, just until all are broken. Combine peas, onion, pepper, garlic, pepper sauce, salt, tomatoes and vinegar in a saucepan and cook over medium heat for 10 minutes. Reduce the heat to low, add the fish and cook until heated through. Serve immediately. You can serve this over rice...that's how Grandma did it!!!

This recipe takes about 30 minutes of prep time and about 20 minutes of cook time if using canned or left over peas.