



Buying and Cooking Black Tip Shark

Fresh shark flesh will give slightly when pressed with a finger. Purchase shark meat with moist, translucent flesh. It should never be flaky.

Soak the meat. Cover the shark meat in buttermilk or lemon juice for at least 30 minutes. This will eliminate the smell of ammonia, which comes from the shark losing all of its blood after it is caught.

Cut out any dark meat before cooking shark. Leave any skin attached, as it helps retain moisture during cooking. A slight ammonia smell can be eliminated by soaking the meat in buttermilk or lemon juice for 30 minutes.

The secret to successful shark cookery is to not overcook. Whichever of the following cooking methods you choose; your shark will be cooked when its flesh becomes opaque, yet is still moist on the inside.

Baking

Place shark in a greased baking dish, or wrap in oiled foil and place on a baking sheet. Brush with melted butter or oil and season with salt and pepper, or cover with a piquant sauce. Bake in a preheated 450°F (230°C) oven until done, about 10 minutes per inch (2.5cm) of thickness.

Grilling

Place fillets or steak chunks on skewers directly on a greased grill, 4 to 6 inches (about 10 to 15cm) above prepared coals or fire. Baste with butter, oil, or marinade. Cook until opaque and moist on the inside, 6 to 8 minutes.

Broiling

Place fillets skin-side-down on a well-greased baking pan. Pour in enough stock to cover the bottom of the pan. Brush top of fish with butter or oil. Broil under preheated broiler 4 to 5 inches (10 to 12cm) from heat. Do not turn, but baste several times. Cook until opaque and moist on the inside, 6 to 10 minutes.

Pan frying

Fry shark in a small amount of hot butter or oil, turning once halfway through cooking time. Cook until opaque and moist on the inside, 4 to 8 minutes.



Seven Spiced Shark Steaks

- 3 (8 ounce) shark steaks
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 2 tablespoons onion powder
- 2 tablespoons garlic salt
- 2 tablespoons chopped fresh thyme
- 2 tablespoons ground black pepper
- 2 tablespoons chili powder



Rinse the shark steaks and trim off any skin.

Mix together the soy sauce, Worcestershire sauce, onion powder, garlic salt, thyme, black pepper, and chili powder in a small bowl to form a paste. Spread a thin layer of the soy sauce mixture on both sides of each shark steak. Place on a plate and cover. Allow to marinate in the refrigerator at least 30 minutes.

Preheat oven to 325 degrees F (165 degrees C).

Arrange the shark on a baking sheet. Bake the shark in the preheated oven until cooked completely through, about 40 minutes, turning the steaks over once, about half-way through the cooking time.

Shark Kebabs with Orange-Avocado Salsa



Kebabs	Salsa
1½ pounds 1-inch-thick shark fillet, cut into 1-inch cubes	1 large orange, peel and pith cut away, cubed
2 Tbl. fresh lemon juice	2 Tbl. fresh lemon juice
1½ Tbl. chili powder	1 Tbl. olive oil
1 Tbl. olive oil	½ cup chopped red onion
¼ cup orange juice	¼ cup chopped fresh cilantro
¼ tsp. cayenne pepper	1 tablespoon chopped garlic
	1 large Serrano or jalapeño chili, minced
	1 large avocado, peeled, pitted, cubed

Mix orange juice, 2 tablespoons lemon juice, 1 tablespoon olive oil, chili powder and cayenne pepper in large bowl. Add shark; toss to coat. Let stand at room temperature 30 minutes.

Preheat grill or broiler. Thread shark onto skewers, dividing equally. Grill/Broil until just opaque in center, turning occasionally, about 8 minutes. Serve kebabs with salsa.

Orange-Avocado Salsa...

Combine orange cubes, onion, cilantro, garlic, chili, remaining 1 tablespoon lemon juice and 1 tablespoon olive oil in medium bowl. Season to taste with salt and pepper. Gently mix in avocado. Let salsa stand up to 1 hour.



Shark with Grilled pineapple Salsa

FISH:

4 (8-ounce) center-cut mako shark fillets
Drizzle extra-virgin olive oil
1 teaspoon kosher salt
20 grinds black pepper

SALSA:

1 medium ripe pineapple, trimmed, cored, quartered lengthwise and cut again lengthwise
Drizzle extra-virgin olive oil
2 limes, juiced and lime halves reserved
1 small red onion, minced
1/2 bunch fresh mint, leaves finely chopped (about 1/2 cup leaves)
1/2 bunch fresh cilantro, leaves finely chopped (about 1/2 cup leaves)
Couple pinches kosher salt
Superfine sugar, optional

Heat a grill pan or griddle over medium-high heat. Lightly rub the pineapple pieces with oil. Grill on all sides, about 2 minutes per side or until lightly caramelized with nice char marks. Remove from grill and set aside to cool slightly.

Cut grilled pineapple into 1/2-inch dice and add to a medium bowl. Add all remaining salsa ingredients, including the lime halves. These will lend the additional lime oils in the rinds to the mixture, making a more aromatic salsa. Set aside until ready to use.

While grill is still hot, rub each shark steak with olive oil and season with salt and pepper.

Place steaks on grill across the grill ribs and cook for about 3 to 5 minutes per side, depending on the thickness of the steaks. Gently turn fish so it does not fall apart. Once the flesh has become opaque and firm to the touch, it is cooked through. Remove to a platter and spoon salsa over fish. Serve immediately.