

Citrus-Balsamic Mahi-Mahi with Herbed Baby Garden greens (can be substituted by any other firm fish)

- 1/2 lb. fish fillet p.P.
- 1/2 cup fresh breadcrumbs (home-made or from your bakery)
- Cooking spray or vegetable oil (i.e. Canola)

TO SEASON

- Garlic powder, coarse grind (optional)
- Coarse Kosher salt
- Freshly ground black pepper

SAUCE (makes ~ 4 servings):

- juice of 1 lime
- juice of 2 oranges
- 5 tbsp. sweet Balsamic vinegar
- 1 tbsp. Molasses
- 1 small dash of hot sauce (optional)
- 1 stick cold butter (salted)

Garnish: Garlic or regular chives

Side dish: Herbed baby salad blend

Serve with: Rice, boiled fingerling potatoes, potato pancakes (cook these before fish)

Rinse and pat-dry fish fillets, season with pepper, salt and garlic to taste. Sprinkle lightly with breadcrumbs from both sides. Except for butter, blend ingredients for the sauce together.

After warm-up set cooking temperature to 7. When reached, spray/oil the cooking center and brown fish from both sides nicely until almost done (approx. 2-3 min. per side, depending on thickness of fillet). Arrange fish nicely in a circle in the warming zone.

Reduce temperature to 5 and de-glaze fish fond with prepared sauce blend.

Stir continuously until it has reduced to half of volume. Season to taste.

Switch Cook-N-Dine off, add the cold butter pieces and quickly blend them in until dissolved.

Serve.