

Citrus-Balsamic Mahi-Mahi

(substitute: Corvina any other firm fish)

- 1/2 lb. fish fillet p. p.
- 1/2 cup plain breadcrumbs
- Cooking spray or vegetable oil

TO SEASON

- CA Garlic powder, coarse grind
- Coarse Kosher salt
- Freshly ground white pepper

SAUCE (makes ~ 4 servings):

- 1/4 cup lime juice
- 1/2 cup orange juice
- 3 tbsp. Balsamic vinegar
- 1 tbsp. Molasses
- 1 dash of hot sauce (optional)
- 3-4 tbsp ice cold butter (salted)



Garnish: Chives or watercress

Sides: Herbed baby salad green | Ruccola (Arugula) + Tomato with Citrus vinaigrette
Potato cakes (Roesti; cook those and keep warm before cooking the fish) or Quinoa

Rinse and pat-dry fish fillets, season sparingly with salt and a pinch of garlic to taste. Sprinkle lightly with breadcrumbs on both sides. Except for butter, blend ingredients for the sauce together and set aside. Leave butter chilled in the fridge until ready to use.

After warm-up (# 5) set cooking temperature to about 7.

When reached (orange light off), spray/oil the fish fillets and brown fish from both sides until almost done (approx. 4 min. per side, depending on thickness of fillet; or until almost opaque). Arrange fish nicely in the outer warming area. It will continue cooking and be ready to eat when sauce is done.

Reduce temperature to 5, wait a couple of minutes, and de-glaze the cooking center with HALF of the prepared sauce blend. Loosen all brown bits, incorporate and stir continuously, using a flat whisk or straight edge spatula, from the outside in. When reduced to about half the volume, add the other half of prepared liquid and blend well.

Stir continuously, scraping the liquid with the straight edge spatula from the outside in towards the center. When it has reduced again to about half the volume or desired texture, season to taste.

Switch the teppanyaki grill off.

Now add the ice cold butter pieces and quickly incorporate them until dissolved and sauce is silky smooth.

Serve right away. Garnish fish with a few chives.