



## Coconut Crusted Mahi-Mahi in Thai Curry Sauce

- 7 ounces coconut, shredded
- 1/2 cup rice flour
- 2 large Florida eggs
- 1/2 cup water
- 4 8-ounce fillets Florida mahi-mahi
- 1/4 cup rice flour (for dredging)
- 1/4 cup olive oil
- 1 teaspoon red Thai curry
- 1 cup coconut milk
- 1 tablespoon Florida honey
- 2 leaves fresh Florida basil, finely chopped

In a small bowl, mix shredded coconut with 1/2 cup rice flour. In another bowl, make an egg wash with eggs and water. Dredge fillets in 1/4 cup rice

flour and dip in egg wash. Dip fillets in coconut/flour mixture. Sauté fillets in oil over medium high heat until fork tender, browning both sides. Remove fillets and set aside. In same pan add the Thai curry, coconut milk and honey. Simmer over high heat until reduced by 1/2. To finish sauce, add basil to taste. Return fillets to pan and spoon sauce to cover. Serve with steamed jasmine rice. Yield: 4 servings

Nutritional Value Per Serving: Calories 631, Calories From Fat 410, Total Fat 46 g, Saturated Fat 30g, Trans Fatty Acid 0, Cholesterol 105mg, Total Carbohydrates 50g, Protein 9g, Omega 3 Fatty Acid 0.14g

## Florida Mahi-Mahi Tacos

- 16 corn tortillas
- 1/2 cup fresh Florida cilantro, chopped
- 3 tablespoons hot pepper sauce
- 1 teaspoon kosher salt
- 1 tablespoon fresh Florida lime juice
- 2 pounds skinless Florida mahi-mahi, cut into 5 - 7 ounce fillets
- vegetable oil (for frying)
- Florida lettuce, shredded
- fresh salsa
- guacamole

Wrap tortillas in foil and warm in 300° F oven.

For marinade, combine cilantro, pepper sauce, salt and lime juice in large bowl. Add fillets and chill covered for 1 hour.

Remove fillets and discard marinade. Grill or sauté fillets for 4 to 5 minutes per side until cooked through. On a platter, separate fillets with a fork into bite size pieces. Fill center of tortilla with fish pieces; top with lettuce, fresh salsa and guacamole. Fold into a taco or roll tortilla into a wrap and serve.

Yield: 6 to 8 servings

Nutritional Value Per Serving: Calories 98, Calories From Fat 7, Total Fat 0.82g, Saturated Fat 0.22g, Trans Fatty Acid 0, Cholesterol 83mg, Total Carbohydrates 0.29g, Protein 21g, Omega 3 Fatty Acid 0.13g



## Southern Fried Mahi-Mahi Sandwiches



- 2 large Florida eggs
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 cup all-purpose flour
- salt and pepper to taste
- 1 cup cornmeal
- 4 5-ounce mahi-mahi fillets
- 1 cup vegetable oil
- 4 soft sandwich rolls, split
- Florida leaf lettuce
- 2 Florida tomatoes, sliced thin

Beat together eggs, salt and cayenne in a shallow dish. Mix flour, salt and pepper in a shallow dish; place cornmeal in separate dish. Coat fillets in seasoned flour; dip in egg wash and then into cornmeal to coat. In a deep fry pan, cook the fillets in oil at 375° F. for 2 to 4 minutes, browning on each side. Drain on absorbent paper. Serve on sandwich rolls with lettuce and sliced tomatoes. Yield: 4 Servings

Nutritional Value Per Serving: Calories 314, Calories From Fat 59, Total Fat 7g, Saturated Fat 3g, Trans Fatty Acid 0, Cholesterol 127mg, Total Carbohydrates 34g, Protein 28g, Omega 3 Fatty Acid 0.12g

## Herb-Seared Mahi-Mahi

- 4 5 to 7-ounce Florida mahi-mahi fillets
- salt and pepper to taste
- 1 bunch Florida flat leaf parsley, finely chopped
- 1 sprig fresh Florida rosemary, finely chopped
- 1 small bunch fresh Florida thyme, finely chopped
- 2 tablespoons olive oil

Season fillets with salt and pepper. Mix together chopped herbs and press onto tops of fillets. Heat oil in a large sauté pan on medium-high heat; add fillets herb-side down. Sauté for 3 to 5 minutes on each side until cooked through.

Yield: 4 servings

Nutritional Value Per Serving:

Calories 238, Calories From Fat 171, Total Fat 9g, Saturated Fat 1g, Trans Fatty Acid 0, Cholesterol 149mg, Total Carbohydrates 0g, Protein 38, Omega 3 Fatty Acid 0.13g

