



## Char-Grilled Florida Mahi-Mahi with Vegetables

### Ingredients

- 4 6-ounce mahi-mahi fillets
- 16 Fresh okras
- 2 Zucchini, sliced into 1/4-inch rounds
- 2 Large yellow squash, sliced into 1/4-inch rounds
- 2 Bell peppers, sliced large
- 1 1/2 Tablespoons olive oil
- 12 Grape tomatoes, for garnish
- 1 Teaspoon seasoning blend (your favorite)

### Preparation

Preheat charcoal or gas grill to medium-high. Add all the vegetables to a large mixing bowl. Add the olive oil and seasoning blend to the sliced vegetables and mix lightly until coated. Lightly season the mahi-mahi fillets with salt and pepper. Carefully place the seasoned vegetables and fish on the hot grill. The vegetables should cook rather quickly; keep checking the underside of the vegetables for grill marks. Flip over the vegetables and continue to work the grilling surface by moving the vegetables around to the hot spot for even cooking. Grill steaks over medium-high heat for 4 minutes per side or until cooked through. The vegetables should have nice char-grill marks on them and the texture should be crisp-tender. Remove the vegetables from the grill as they become your desired doneness. To serve, arrange an even amount of grilled vegetables on each plate. Add a fish fillet on top of the grilled vegetables. Garnish with grape tomatoes and fresh herbs.

### Yield

4 servings



## Southern-Fried Florida Mahi-Mahi Sandwiches

### Ingredients

- 2 Eggs, large
- 1/2 Teaspoon salt
- 1/4 Teaspoon cayenne pepper
- 1 Cup all-purpose flour
- Sea salt and fresh ground pepper to taste
- 1 Cup cornmeal
- 4 5-ounce mahi-mahi fillets
- 1 Cup vegetable oil
- 8 Soft sandwich rolls, split
- Leaf lettuce
- 2 Tomatoes, sliced thin

### Preparation

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 degrees 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



## Grilled Ginger Florida Mahi-Mahi with Tropical Fruit Salsa

### Ingredients

- 4 6-to-8-ounce mahi-mahi fillets
- 3 Tablespoons unsalted butter
- 6 Shallots, minced
- 4 Slices fresh ginger, unpeeled, minced
- 1 Clove garlic, minced
- Fresh ground black pepper to taste

### Preparation

Preheat grill or broiler. Arrange fillets in grilling basket or on broiler pan coated with nonstick cooking spray; set aside. In a small skillet, melt butter over medium heat and add minced shallots, ginger and garlic. Cook 8 to 10 minutes until golden. Remove skillet from heat. Reserve 1/2 of the ginger-shallot-garlic mixture; set aside. Brush fillets with remaining ginger garlic mixture. Grill or broil fillets 4 to 5 inches from heat for 6 minutes or until cooked through, turning once. Transfer fillets to plates and drizzle with reserved shallot-ginger garlic butter.

### Yield

4 servings