
Potato Scaled Mahi Mahi with Cabernet Beurre Rouge

Description

Looking for a quick and easy fish preparation for your next dinner? Try out Chef Maka's "onolicious" Potato Scaled Mahi Mahi tonight!

Total time: 40 min Yield: 6 Servings

Ingredients

1 cup Italian parsley
6 mahi mahi filets (4 oz.)
salt
pepper
olive oil
8 pieces small potatoes
2 cup Cabernet wine (or any red wine)
1 Tbsp honey
8 oz butter

Prep Time: 40 min Total Time: 40 min

Instructions

Tear the parsley leaf into pieces and place on the mahi mahi. Season with salt and pepper. Slice the potatoes with a Japanese mandolin so they're almost paper thin. Layer the potatoes over the fish and parsley leaves to resemble fish scales. Season the potatoes. Heat a non-stick frying pan with olive oil on medium heat. Place the fish with the potato side down in the oil. Cook about 3 to 4 minutes until the potato scales are brown and then flip the fish and cook for a few more minutes. Then place the fish on a baking pan and put into an oven for approximately 3 to 4 minutes. Place the fish aside. Clean the pan with paper towels and then add the wine. Reduce to about ¼ cup and add honey, salt, and pepper. Slowly whisk in the butter until smooth. Lastly, spoon the sauce onto plates and place the fish on top.

Recipe brought to you by:

Chef Maka Kwon

Source:

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