

Menu Du Jour

03 Jan 2004

Mixed field greens, sliced Roma tomatoes, carrots, cucumber, and radish
with balsamic vinaigrette

Orange-Smoked Mahi-Mahi with Honey-Ginger Glaze

Lemon-Garlic Broccoli

Apple-Smoked Parsley Potatoes



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Mahi-Mahi with Honey-Ginger Glaze

Mahi-mahi has a silky-meaty texture and a sweet, slightly rich flavor. Mahi-mahi tends to remain moister than swordfish when cooked although the two are often interchanged in recipes. Mahi-mahi (which is Hawaiian for strong-strong) is also called dolphin fish although it is not the mammal dolphin. The same fish harvested in South American waters is called a dorado.

2 (4-ounce) skinless mahi-mahi fillets, about one-inch thick
3 tablespoons honey
2 tablespoons distilled white vinegar
1 tablespoon dry sherry
1 teaspoon grated fresh ginger
1/2 teaspoon grated orange peel
2 cloves garlic, minced
1 teaspoon black pepper, divided
Kosher salt

Place mahi-mahi in a shallow glass dish.

In a small mixing bowl, stir together honey, vinegar, sherry, ginger, orange peel, 1/2 teaspoon of black pepper, and garlic. Pour marinade over fish. Turn fish to coat. Cover and marinate, refrigerated, for 30 minutes, turning fish occasionally. Drain fish, reserving marinade. Season fillets with salt and pepper to taste.

Preheat grill for medium-high direct cooking. Place 1/3 cup BBQr's Delight orange pellets in a smoking tray. When a good smoke develops, place fish on oiled grate (or Sam's Smoker Tray) and cook, covered, five minutes. Turn over and cook, covered, another five minutes or until fish

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just begins to flake easily with a fork. Remove from grill and cover with aluminum foil to keep warm for service.

In a small bowl, stir together one tablespoon of the reserved marinade and cornstarch. Pour reserved marinade into a saucepan and add cornstarch slurry. Bring mixture to boil over medium heat, stirring often. Cook about one minute or until glaze thickens. Keep sauce warm over low heat until service.



Lemon-Garlic Broccoli

The lemon helps to set the color of the broccoli while the garlic and crushed red pepper flakes add unique dimensions of flavor to the dish.

1 medium bunch broccoli, trimmed
2 cloves garlic, minced
2 tablespoons olive oil
3 tablespoons fresh lemon juice
1/2 teaspoon crushed red pepper flakes
Kosher salt
Black pepper

Steam broccoli until crisp-tender, about four to six minutes.

In a medium skillet over medium heat, heat the oil; add the garlic and sauté one minute. Add the cooked broccoli, lemon juice, and crushed red pepper flakes, cooking briefly to combine. Season broccoli to taste with salt and black pepper.

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Apple-Smoked Parsley Potatoes

Apple wood smoking adds an interesting flavor to this traditional side dish.

8 small red Bliss potatoes
2 teaspoons kosher salt
2 tablespoons unsalted butter
2 tablespoons finely chopped parsley
Freshly ground black pepper and salt

Using a sharp knife, peel off some of the potato skin, leaving a band in the center for contrast. Place the potatoes in a saucepan, cover with water, and add two teaspoons of kosher salt. Bring to a boil and simmer until barely tender, about eight minutes. Drain the potatoes.

Prepare grill for medium-high indirect cooking. Heat apple plank over direct heat side of the grill until smoking; turn over and place on indirect heat side of grill. Add 1/3 cup BBQr's Delight apple pellet to smoker tray. When a good smoke develops, place potatoes on plank and smoke-cook for 30 to 45 minutes or until fork tender. Remove from grill and slice potatoes lengthwise into halves.

In a medium saucepan over medium heat, combine smoked potatoes, butter, and parsley; cook until potatoes are heated through and coated with the mixture. Season to taste with salt and pepper.

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Balsamic Vinaigrette

This is a tangy vinaigrette; perfect on mixed field greens, tomato, and onion salads.

1/2 cup extra virgin olive oil

1/2 cup balsamic vinegar

2 cloves garlic, minced

1 teaspoon dry mustard

Dash salt

Black pepper

In a small bowl, whisk together olive oil, balsamic vinegar, garlic, salt, and mustard powder. Season to taste black pepper.



Plate Presentation:

Place mahi-mahi fillet on service plate and nappe with sauce. Arrange broccolini and parsley potatoes on plate. Garnish plate with lemon wedge, sweet paprika (or Cajun spice), and minced fresh parsley or chives.