

## **Cashew Crusted Mahi Mahi with Plantains, Banana Chutney & A Ginger – Soy Butter Sauce**

### **For the Mahi Mahi :**

5 ounces (about 1 1/4 cups) coarsely ground, roasted cashews  
1/2 cup Panko (Japanese-style bread crumbs)  
2 tablespoons Wondra flour  
1/2 cup butter, melted  
4 (6 to 8-ounce) Mahi Mahi fillets about 1" thick  
Kosher salt and pepper

Preheat oven to 425 degrees F. In a medium bowl, stir together the nuts, Panko, flour, and half the butter. Set aside.

Place the Mahi Mahi on a baking sheet and brush the remaining butter on both sides of each filet then sprinkle each fillet with salt and pepper. Bake for 5 minutes. Divide the nut mixture among the tops of the 4 fillets, patting the mixture to spread and adhere to the fillets. Return to the oven and bake for 5 to 10 minutes, or until the crust is golden brown.

### **For the Banana Chutney**

2 tbsp. butter  
  
1/2 cup chopped Major Grey's chutney  
  
2 bananas, sliced  
  
1/2 cup banana liqueur  
  
1/4 cup coconut milk  
  
Salt and freshly ground pepper

Melt the butter in a skillet and add the banana. Cook lightly for about a minute then add the remaining ingredients and continue to cook while stirring and coarsely mashing the banana. Taste, adjust seasonings and set aside. Can be prepared up to three days in advance.

### **For the Plantains or Tostones**

Two plantains still green but just beginning to ripen sliced about  $\frac{3}{4}$  inch thick.

$\frac{1}{2}$  to  $\frac{3}{4}$  cup vegetable oil for frying

Salt to taste

Method : Heat the oil to about 325 degrees in a ten inch skillet and fry the plantains until just golden on both sides. Do not crowd the pan. Transfer the plantains to a paper towel lined plate and let cool. Now press each slice of plantain into a flat disk between two pieces of plastic or waxed paper. Fry the plantains again in the same oil until crispy. Remove from oil and season to taste with salt.

### **For the Sauce:**

- 3 shallots, minced
- 2 teaspoons minced fresh ginger root
- 1 lemon, juiced
- $\frac{1}{2}$  cup dry white wine
- $\frac{1}{2}$  cup heavy cream
- $\frac{1}{2}$  cup unsalted butter, chilled and cut into small cubes
- 3 tablespoons soy sauce
- 4 mint leaves
- coarse kosher salt
- ground white pepper

In a sauce pan over medium heat, combine shallots, ginger, lemon juice, and white wine. Cook until liquid is reduced to approximately 2 tablespoons. Stir in heavy cream, and bring to light boil. Reduce cream by half; do not burn. Stir in soy sauce, then transfer to blender. Blend on low while slowly adding butter, a few cubes at a time, until all of the butter is emulsified. Roughly chop or tear mint, add to sauce, and blend for about 10 more seconds. Season to taste with kosher salt and pepper. Keep sauce warm.

Presentation: Spoon a pool of the sauce onto a warm plate and the carefully place the fish on the sauce. Spoon some chutney on top of the fish. Surround with plantains and garnish with fresh lime and more mint leaves.