

Macadamia Encrusted Grouper With Grilled Pineapple-key Lime Salsa

Chef John Hughes

The GYPSY KITCHEN Tour '09
www.the-gypsy-kitchen.com

Servings: 2

For the Grouper

2 Six Ounce Grouper Fillets

1/4 Cup All Purpose Flour

1/4 Teaspoon Sea Salt

1/8 Teaspoon Cracked Black Pepper

1 Large Egg, lightly beaten

1/2 Cup Macadamia Nuts, finely chopped

1/2 Cup Panko

2 Tablespoons Grapeseed Oil

For the Salsa

1/2 Each Pineapple

1/2 Each Red Onion, finely chopped

1/2 Each Jalapeno Chile Pepper, finely chopped

1 Tablespoon Key Lime Juice, fresh squeezed

1/2 Tablespoon Mirin Wine

1/2 Tablespoon Rice Wine Vinegar

1/2 Tablespoon Grapeseed Oil

1/2 Tablespoon Cilantro, finely chopped

To Taste Sea Salt

To Taste Cracked Black Pepper

1/2 Tablespoon Toasted Coconut, for garnish

FOR THE GROUPEUR:

Combine panko bread crumbs and chopped macadamia nuts in one bowl. In another bowl, combine the flour, salt and pepper - mix well. In yet another bowl, lightly beat the eggs. Now set-up a dredge station with the flour first, then the beaten eggs and finally the panko-macadamia mixture.

Dredge grouper in flour mixture and shake off excess. Next, submerge filets in beaten eggs, then finally into the breadcrumb-nut mixture. Place each fillet onto a clean dry plate when done.

In a large, heavy-bottomed saute pan set over medium heat, place the grapeseed oil and heat until hot but not smoking. Carefully place each fillet in pan and brown on one side, approximately two minutes - do not over crowd the pan. Turn filets over and place entire pan in a 350 degree oven and bake for 5 – 6 minutes.

FOR THE SALSA:

Grilling the pineapple brings out the sweet flavor of the fruit. Cut rind off the pineapple and remove core, then slice pineapple into 1/2-inch thick circles and place onto a pre-heated grill for about 3 minutes per side or until the pineapple begins to show golden grill marks. Remove from heat, let cool slightly then chop into 1/2" cubes.

Combine the grilled pineapple chunks with the red onion, jalapeno, lime juice, mirin wine, vinegar and oil - mix well and adjust seasoning with sea salt and cracked black pepper, toss in the cilantro. Place in non-reactive container and refrigerate until ready to use. (Can be made up to 24 hours in advance).

TO SERVE:

On warmed dinner plates, arrange some nice smashed garlic potatoes (or rice) in center of each plate, place fish fillet on top and spoon some of the salsa over the fish. Garnish with toasted coconut and enjoy.

Per Serving (excluding unknown items): 863 Calories; 49g Fat (50.3% calories from fat); 61g Protein; 47g Carbohydrate; 6g Dietary Fiber; 202mg Cholesterol; 465mg Sodium. Exchanges: 2 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 8 1/2 Fat; 0 Other Carbohydrates.

Halibut, Mahi Mahi or Cod work equally well.

Grapeseed oil has a very high "flash-point" and is great for sauteing and has a very mild flavor.

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