
Grilled Mahi Mahi with Pineapple Ginger Salsa

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

3 pounds fresh Mahi Mahi

1 tablespoon olive oil, enough to lightly oil fish

salt and pepper, to taste

SALSA

1 1/2 cups pineapple, chopped

1 1/2 cups Roma tomatoes, chopped

1/3 cup green onion, chopped

1 tablespoon ginger root, grated

1/3 cup cilantro, chopped fine

2 cloves roasted garlic, minced

2 tablespoons red chili oil

2 teaspoons sesame oil

3 tablespoons red wine vinegar

1/2 cup Sendik's fresh orange juice

2 tablespoons sugar

1 teaspoon salt

GARNISH

1 tablespoon black sesame seeds, garnish

1 tablespoon white sesame seeds, garnish

To make salsa: chop pineapple, tomato and green onion and place in a mixing bowl.

Mix ginger, cilantro, garlic, red chili oil, sesame oil, red wine vinegar, orange juice, sugar and salt in a food processor. Pulse until all ingredients are mixed. Add to the bowl with the tomato, pineapple and green onion. Let stand for 1 hour at room temperature.

Prepare the Mahi Mahi by oiling lightly with olive oil and seasoning with salt and pepper, to taste. On a heated grill, grill the Mahi, turning only once, for about 4 minutes per side.

To serve, place Mahi on a plate and top with several tablespoons of salsa. Sprinkle with black and white sesame seeds to garnish.

Suggested Wine: House Wine White

Seafood Entrees