

Blackened Mahi Mahi

Ingredients

4 Portions Mahi Mahi	1 tsp White Pepper
4 tbsp Paprika	2 tsp Salt
2 tsp Dried Thyme	1 Lemon, Juiced
2 tsp Dried Oregano	1/4 cup Dry White Wine
1 tsp Garlic Powder	1 Shallot, minced
1 tsp Cayenne Pepper	1/4 cup Heavy Cream
1 tsp Black Pepper	1/2 lb Unsalted Butter, cubed

Directions

Mix Paprika, Thyme, Oregano, Garlic Powder, Cayenne Pepper, Black & White Pepper, & Salt in shallow dish. Coat both sides of fish in spices and set aside.

In a large cast iron skillet, heat a small amount of vegetable oil until smoking. Blacken the fish over medium-high heat for about five minutes per side.

In a small saucepan, reduce the lemon juice, wine and shallots until the liquid is almost completely gone. Add the cream and reduce by half. Remove the pan from the heat and stir in the butter a little at a time, making sure that the sauce does not separate. Plate the fish and serve with sauce.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

