

MAHI-MAHI DINNER



Yield : 1 PLATE
12" PLATE

Number	Units	Ingredients	Volume	Weight
7	OZ	MAHI-MAHI		
1/2	OZ	BUTTERMILK		
2	TABLSP	CALAMARI BREADING		
2	OZ	VEGETABLE OIL		
2	OZ	CAMELIZED ONIONS		
2	OZ	TOMATO CHIVE VINAIGRETTE		
8	OZ	BASMATI RICE PILAF		
6	EACH	GRILLED ASPARAGUS		
1/2	CUP	FRIED LEEKS (LOOSE PACKED)		
1	EACH	LEMON WEDGE		
1	PINCH	SALT		
1	PINCH	GROUND BLACK PEPPER		
2	TABLSP	MILANESE BREAD CRUMBS		

Procedure : SEASON MAHI WITH SALT & PEPPER, THEN DREDGE IN CALAMARI BREADING., BRUSH BUTTERMILK OVER THE BREADING AND COVER MAHI WITH CAMELIZED ONIONS (ONLY ON 1 SIDE) THEN SPRINKLE MILANESE BREAD CRUMBS OVER THE ONIONS & PACK IT THIGHT BY PRESSING DOWN.. THEN SAUTE FISH IN A MEDIUM HOT PAN WITH THE VEGETABLE OIL, BROWN SLIGHTLY , FLIP IT OVER AND ROAST IN THE OVEN.. GARNISH THE CENTER OF THE PLATE WITH A SOUP CUPFULL OF BASMATI RICE PILAF, DRIZZLE VINAIGRETTE AROUND THE RICE., PLACE ASPARAGUS OVER THE VINAIGRETTE & GARNISH WITH FRIED LEEKS & LEMON...