

Grilled Mahi Mahi with Stir Fried Vegetables and Udon Noodle-Watercress Salad

Mahi-Mahi

4 6oz pieces 1" thick
1 Tblsp Canola Oil
Kosher Salt and White Pepper

Udon-Watercress Salad

1 Cup Cooked Udon Noodles
3/4 Cup Watercress stems removed
2 Tblsps Seasoned Rice Vinegar
1 Tblsp Soy Sauce
1/2 Tblsp Sesame Oil
2 Tblsp Grape Seed Oil
Kosher Salt and White Pepper

Stir Fry Vegetables

1 Cup Green Cabbage shredded
1 Cup Red Cabbage shredded
1 Cup Baby Bok Choy washed-
cut in 1/2 and julienne
1 Cup Shiitakes julienne
3/4 Cup Red Peppers julienne
1/2 Cup Japanese Eggplant-
cut into 1/2" circles 1/8th of an inch
1 Tblsp Ginger finely minced
3/4 Cup Pineapple Salsa
1/4 Cup Chicken Stock
1/8 Cup Seasoned Rice Vinegar
1 Tblsp Chile Paste
1 Tblsp Soy Sauce
3 Tblsp Canola Oil
Kosher Salt and Black Pepper

For the Udon Salad: In 2 quart pot bring water up to boil and add a pinch of salt. While waiting for the water to boil take the vinegar, soy sauce and the two oils and mix in a bowl. Season with salt and pepper and set aside. Follow the directions on the noodle package and once the noodles are cooked drain and place immediately into the vinaigrette. Place in the refrigerator to cool off.

For the Mahi Mahi: Turn the grill on high and wait until it heats up. Once the grill is hot take a paper towel that has a little oil on it and season the grill this will help avoid sticking. Then rub the oil on the fish and then season with salt and pepper. Place the fish on the grill and cook for 2 minutes turn 90 degrees for 2 minutes turn the fish over and cook for 2 minutes turn 90 degrees and cook for 2 more minutes. Take off of the grill and place on a plate covered with foil to keep warm.

Note: After placing the fish on the grill make sure to cover every time you turn the fish.

Stir Fry: If you have wok this is the time to use your wok. Heat the wok/ sauté pan on medium high add the oil and once it starts to smoke add the shiitakes and make sure you keep moving them around. Cook for 30 seconds and add the ginger and eggplant cook for 30 more seconds then add the cabbages, bok choy and red pepper make sure to keep the veggies moving and cook for 2 minutes. Then add the salsa, stock, vinegar, chile paste and soy sauce cook for 2 minutes or until the veggies are tender and season with salt and pepper.

Note: Make sure you keep the veggies moving this will allow for more even cooking.

To complete: Take the noodles out of the refrigerator and add the watercress season with salt and pepper and toss together. Place this in the middle of the plate then add the stir fried vegetables on top of the noodles then the Mahi Mahi. Pour some of the leftover vinaigrette around the plate and enjoy.

Roasted Chicken Breast with Ginger Rice, Spinach And Pineapple-Banana-Macadamia Nut Chutney

10 ounce split breast with skin on and bone in
1 1/2 Tblspn Canola Oil
Kosher Salt and White Pepper

Chutney:

1 1/2 Tblspn Canola Oil
1/2 Cup Red Onion small diced
1 Tblspn Jalapeno small diced see note below
1/2 Cup Red Bell Pepper small diced
1 Cup Pineapple Salsa
1/8 Cup Seasoned Rice Wine Vinegar
1/2 Cup Chicken Stock
1 Tblspn Soy Sauce
Kosher Salt and White Pepper

Ginger Rice:

1 Tblspn Canola Oil
1/8 Cup Fresh Ginger minced
1 Cup Rice long grain
2 1/4 Chicken Stock or Water
Kosher Salt and White Pepper

Spinach:

2 Cups Spinach loosely packed
1 Tblspn Extra Virgin Olive Oil
Kosher Salt and White Pepper

For the chutney: Heat a non-reactive 1 quart pot on medium. Add the oil to the pan and once smoking sauté the onions and jalapenos. Cook until the onions are soft and translucent add the red pepper and cook for 2 minutes. Deglaze with the vinegar and reduce until almost gone and add the chicken stock. Cook for 1 minute then add the pineapple salsa and turn down the heat to simmer and let slowly cook. Check after 20 minutes the chutney should look moist if it is to dry add just a little bit more chicken stock. Off the heat add the soy sauce, salt and pepper taste and adjust the seasoning if need be and keep warm. This can also be made a couple of days ahead.

For the rice: Heat a 1 quart pot on medium heat and add the oil once smoking add the ginger and cook until soft then add the rice. Once the rice is coated with the oil add the chicken stock or water. Turn down the heat and cover. The rice should take 15-20 minutes. Once done season with salt and pepper and check the seasoning and keep warm.

For the chicken: Preheat the oven to 400 degrees. Place a large skillet on medium-high heat at the same time season the chicken breast. Once the chicken is seasoned add the oil to the pan and wait for it to smoke then add the chicken skin side down. Let the chicken sear for 3 minutes on the skin then place in the oven. After 10 minutes in the oven turn the chicken on the bone side and then turn it back on the skin side after 2 minutes. The chicken will take approximately 20 minutes to cook. Keep warm on a plate and cover with foil. You can either take the breast off of the bone or serve it with the bone.

For the spinach: Place the spinach in the bowl and add the oil salt and pepper and toss. Set aside

To complete: Place the spinach in the center of a plate and add the rice on top. Place the chicken breast on top of the rice and spoon the chutney around and enjoy

Note: For spicy add the seeds of the jalapeno

Smoothie & Frozen Drinks

Strawberry-Mango Smoothie for 4

1 Cups of Strawberry-Mango

1 Cups of crushed ice

1 Cups Plain Yogurt/ Soy Yogurt

Place everything thing in the blender and blend until smooth. Pour into the glass and enjoy

Strawberry-Mango Margarita for 4

4 1½ shots of good tequila

4 Cups of ice

2 Cups Strawberry-Mango

Place ice and tequila in the blender and blend until smooth. Add the salsa and blend until smooth. Pour into a sugar rimmed margarita glass add a lime slice and ENJOY

Vodka Smoothie for 4

4 1½ shots of a good Vodka

4 Cups of ice

2 Cups of Strawberry-Mango

Place ice and vodka in the blender and blend until smooth. Add the salsa and blend until smooth. Pour into a champagne flute or margarita glass add a lime slice and ENJOY

Hawaiian Pancakes

1½ Cups All Purpose Flour

1 Tablespoon Sugar

2 Teaspoons Baking Powder

1 Teaspoon Salt

1¼ Cups Buttermilk/Milk

2 Eggs

2 Tablespoon Butter melted

½ Cup Pineapple-banana-mac nut salsa

To make the batter: Sift all of the dry ingredients together in a bowl. In a separate bowl add the buttermilk and eggs. Lightly whisk together and then add to the dry ingredients whisk until combined. Add the butter and salsa and stir until combined. Let the batter sit for ten minutes. If the batter is to thick add a little more liquid or if the batter is to thin add a little more flour.

To cook: Preheat the oven to 200 degrees. Heat a griddle or a large heavy skillet over moderate heat until hot enough to make drops of water scatter over its surface, then brush with oil. Working in batches and using a 1/4-cup measure filled halfway, pour batter onto griddle and cook, turning over once, until golden, about 2 minutes per batch. Transfer to a heatproof plate and keep warm, covered, in oven.