

Floribbean Grilled Mahi-Mahi Escovitch

Recipe by Chef Winston Williams.

Preparation time: 5 minutes
Cook time: 70 minutes
Serves 2

Ingredients

Fish

2 (6-ounce) mahi-mahi or grouper fillets
(each 1/2- to 1-inch-thick)
4 tbsp olive oil
1/2 tsp salt

Escovitch Marinade

1 medium yellow onion (Spanish), thinly sliced
1 medium carrot, thinly sliced or julienned
1/2 red bell pepper, julienned (cut into strips)
2 cloves garlic (smashed)
10 fresh thyme sprigs
1 medium Scotch bonnet pepper, sliced
6 whole allspice berries
1/4 cup grapefruit juice

Steps

For the fish

1. Preheat a gas grill or grill pan.
2. Arrange fish on a large piece of wax paper or platter; rub fish with olive oil and sprinkle with salt, paprika, cumin, and lime peel.
3. Place on hot grill or grill pan, cook all the way through or finish in the oven, do not overcook (approximately 140°F internal temperature).
4. Place grilled fish in a shallow bowl.

For the marinade

5. Bring the first 12 ingredients to boil in a large saucepan.
6. Reduce heat to medium-low; simmer uncovered until carrots are crisp-tender, occasionally stirring, about 5 minutes.
7. Remove from heat and stir in oil and cilantro; season to taste with salt and pepper.

Assembly

8. Pour marinade over fish. Let marinate at room temperature for at least 1 hour and up to 2 hours.



1/8 tsp paprika
1/4 tsp cumin
1 tbsp finely grated lime peel

1/4 cup orange Juice
3 tbsp lime juice
1/3 cup red wine vinegar
1 tbsp honey
3 tbsp of olive oil
Salt/pepper
Fresh cilantro, torn or rough-chopped
(about 15-20 leaves), optional