

Mouth-watering Mahi-Mahi

By Jerry Marlowe

So, my famished wife Willi wandered into the seafood department at Buehler's last week and lo and behold Patty the fishmonger had come up with a large amount Mahi-Mahi. It's a wonderful treat we don't always get locally. So the better-half scouted out some recipes from her computer and came up with the one we dearly loved and I just have to share it with you.

The recipe we present can be varied, which we did by using leeks in place of the green onions. Either one, however, will work. With my grandma's dedicated Welsh background still hovering over me, I went with her favorite native onion flavored plant. I can still hear her saying to me prior to her cooking lesson each week-end in that authoritative Welsh accent ... "Jerry, first you take a leek."

In later years when I was determined to create a Welsh cookbook I had settled on that for a title. As I remember, virtually all her recipes had some of that wonderful earthy pungent seductive flavor. Well as fate would have it, two ladies actually came out with a book about cooking with leeks. You guessed it. That was the title they chose and trademarked so I had to give up on that wonderful endeavor.

I do want to mention that Sara Reese Stratton's memorable lemon pies did not contain that flavor of leeks. The crust melted in your mouth and the meringue was always a highlight.

As a postscript, if you are unable to locate the Mahi-Mahi, feel free to go with any good meaty fish like tuna that you can grill. We have a cast iron grilling skillet that works just fine, so there's no need to fire up an outdoor grill.

As Julia Child would say in that wonderful Boston accent, "Bon Appetit" and that's the magazine the following recipe came from. I wish you all a delectable and delightful dinner.

GRILLED MAHI-MAHI WITH THAI COCONUT SAUCE

Recipe courtesy Bon Appetit magazine

Prep time: 35 minutes; Total time: 35 minutes; Makes four servings

- 1 cup unsweetened coconut milk
- 1 8-ounce bottle clam juice
- 2 tablespoons fresh lime juice
- 4 teaspoons minced peeled fresh ginger
- 2 garlic cloves, pressed
- 1 teaspoon fish sauce (such as nam pla or nuoc nam)



SUBMITTED PHOTO

■ Jerry Marlowe takes advantage of the local availability of Mahi-Mahi by providing a recipe for Grilled Mahi-Mahi with Thai Coconut Sauce. He serves it with a side of sauteed red beets.

1 to 2 teaspoons minced seeded serrano chili

4 tablespoons chopped fresh cilantro, divided

4 tablespoons minced leeks, divided

4 6-ounce Mahi-Mahi fillets

Prepare barbecue (medium-high heat). Combine first six ingredients in medium skillet. Add 1 to 2 teaspoons serrano chili, depending on level of heat desired. Boil until sauce thickens slightly and is reduced to generous $\frac{3}{4}$ cup, 8 to 9 minutes. Remove from heat; stir in 2 tablespoons cilantro and 2 tablespoons chopped leeks. season with salt and pepper.

Brush fish all over with $\frac{1}{4}$ cup sauce; sprinkle with salt and pepper. Grill fish until opaque in

center and grill marks appear, 5 to 7 minutes per side, depending on thickness of fish. Divide coconut sauce among four plates, and top with fish. Sprinkle with remaining cilantro and chopped leeks.

Serve with a side of fresh beets that have been sliced and sauteed in olive oil with salt and minced garlic to taste. At the last minute, add leaves from the beets to the skillet (so they don't become too dark).

NOTE: Fish sauce and the unsweetened coconut milk can be found in the Asian foods section of most supermarkets.

Jerry Marlowe is an area pharmacist by trade, and a connoisseur of good food by choice.