



MAHI MAHI WITH AVOCADO CUCUMBER SAUCE

Serves 4-6

INGREDIENTS:

Avocado cucumber sauce:

- 1 1/2 ripened avocados
- 1/2 English cucumber, peeled and chopped
- 2 tomatillos, chopped
- 1/2 green apple, peeled, cored and chopped
- 1 shallot, minced
- 1/2 cup plain yogurt
- 1/2 cup coconut milk
- 1 cup cilantro leaves
- 2 limes, juiced
- 1 tablespoon chopped fresh mint
- Sea salt
- Pepper



PHOTOGRAPHY AND STYLING BY IGLIKA PETROVA

Mahi-mahi and potatoes

- 1 1/2 lbs mahi-mahi fish
- 1 lb fingerling potatoes
- 1 teaspoon raw cumin seeds
- Sea salt
- Pepper
- Olive oil

DIRECTIONS:

1. Place all the ingredients for the avocado cucumber sauce in a blender and blend until smooth (about 2 minutes). Set aside if using right away, or refrigerate if using in several hours. You can make the sauce up to 2 days ahead.
2. Meanwhile place the mahi-mahi on a plate to become to a room temperature. If the fillets are large cut them into pieces that are about 4x3".
3. Preheat the oven to 500 degrees F. While the oven is heating, place a baking dish/sheet to heat. Place the potatoes and cumin in a mixing bowl, add a liberal amount of olive oil (3-4 tablespoons), salt and pepper, and toss together until the potatoes are nicely coated. Remove the hot baking sheet from the oven (careful, it will be hot!), add the potatoes and spread them around with a spoon. Lower the heat to 425 F and bake for 20-30 minutes, depending on your oven. The potatoes are ready when they are tender on the inside.
4. When the potatoes are ready, heat a large non-stick pan over medium-high heat (do not add oil). The pan needs to be very hot. Season the fish on both sides, first with a generous amount of olive oil, then with coarse salt and pepper. Add 2 tablespoons of olive oil to the hot pan and add the fish. Do not move or constantly flip the fillets, otherwise they will form a crust*. Sear the fish on one side, so that each fillet is cooked 2/3 of the way (watch the thick side of the fish, it will start to change from light pink (or opaque) color to white; this is how you can monitor how cooked the fish is). This will take 2-3 minutes. Then flip the fillets and cook for an additional minute.

5. Place each fillet on a plate, add a generous amount of the avocado-cucumber sauce and the warm fingerling potatoes. If desired, add a spoonful of plain Greek yogurt.

* Three things happen when a crust is formed through searing. First, the high heat and the crust lock all the juices inside the fillet and prevent it from drying out and becoming overcooked and rubbery. Second, the fillets are easier to flip. Third, the crust adds extra an flavor and texture to the fish.