

## Grilled Mahi-Mahi with Cilantro Butter

### **Yield 4 servings**

4 each - boneless skinless Mahi filets

1 - 16 ounce can of black beans

1 -1/2 cups - Jasmin rice

### **Marinade for Fish**

2-3 tablespoons olive oil

1 tablespoon chopped cilantro

1 tablespoon chopped parsley

½ tablespoon chopped garlic

½ lemon juiced

Salt and pepper to taste

Place fish in gallon zip- lock bag add marinate, refrigerate for an hour or so.

### **For the Rice and Beans**

Cook the rice following the manufactures directions. I like to fold a little butter in at the end.

Dice 1 cup of onions, in a sauce pan heat 1 tablespoon of butter add the onions and cook 4-5 minutes.

Add the beans ½ teaspoon of cumin, ½ teaspoon of chipotle pepper and cook until hot.

### **For the Citrus Butter**

1 stick of butter

Zest a of ½ lemon

Zest of ½ lime

Zest of ½ orange

1 tablespoon chopped cilantro

Salt and pepper to taste

Knead the butter and zest together use about 1 tablespoon per fillet.

Cook the fish however you like just don't overcook. Grilled, broil, sauté.

Divide the rice evenly, top the rice with beans place the fish on top and finish with butter.

## Smoked Spanish Mackerel Dip

2 Each - Spanish Mackerel Fillets Smoked or Grilled over Live Charcoal

½ Red Onion, diced

1 Stalk of Celery, finely chopped

1 tablespoon Fresh Parsley, chopped

1/4 cup Dukes mayonnaise

12 ounces of softened Philadelphia brand cream cheese

1 teaspoon of Old Bay

Zest of one lemon

Juice of ½ lemon

A dash of your favorite hot sauce

Place all ingredients in a mixing bowl and mix by hand until incorporated

If mix is too wet add more smoked fish (this will all depend on the size of the fish fillets)

Chill for an hour, serve with saltines or butter crackers.