

SeaFood Charlie Recipe

Easy, Perfect, General Recipe

Here are some of our helpful tips for cooking mahi mahi:

- Get either super fresh or quick-frozen, high quality mahi mahi... wild is best and will provide best flavor.
- Be sure your mahi portions are about 6-7oz each, with at least 1-inch thickness. If your portions are thin or too small, they'll tend to overcook and the seasoning proportions will be off.
- Always pat dry excess moisture from the fish; this step is super important, as it affects how well your fish will brown. I use paper towels to fully pat away all extra moisture.
- Your cooking oil needs to be very hot [like, sizzling] before adding the fish. This allows for quick and even browning of exterior.
- Once fish is in pan, do not keep moving it around. Let it sit and brown for 3 minutes. It helps to have a large splatter guard. I use mine often whenever pan-frying foods.
- Preheat oven ahead of time so that it's nice and hot when you transfer the mahi mahi directly from stovetop to oven. After 5 minutes in the oven, it's done.

MAHI MAHI LEMON SAUCE INGREDIENTS

- Plenty of freshly minced garlic is called for. Don't skimp on the garlic.
- Grab one fresh lemon and zest the peel; then squeeze 1 TB of tangy juice from it. Bottled lemon juice isn't the same, so use fresh lemons.
- I prefer to use salted pure butter, but feel free to use unsalted if you like as long as it's real butter.
- For freshly chopped herbs, choose from chives or parsley...or both.
- Tip: sauce can be prepared ahead of time, covered, and chilled until you're ready to warm it up for serving. It's a great sauce to have on hand.