



RECIPE *Tropical Mahi Salad w Sauvignon Blanc Dressing*

INGREDIENTS

1 bunch cilantro

1/2 shallot

garlic salt/salt & pepper

1/3 c buttermilk

1/3 c Laurentide S. Blanc

2 c mayo

1 mango/1 papaya

2 oz macadamia nuts

2 oz shredded coconut

2 heads romaine

olive oil

4 fillets Mahi Mahi

DIRECTIONS

1. Blend 1/4 bunch cilantro, shallot, ~1tsp garlic salt, buttermilk, mayo and Laurentide Sauvignon Blanc until creamy. Add salt and pepper to taste. Add additional buttermilk to desired consistency. Refrigerate.

2. Peel and de-seed papaya and dice. Peel and dice mango. Chop 1/4 bunch of cilantro. Toss together and set aside.

3. Chop then toast macadamia nuts and coconut at 350~8 minutes until slightly tan. Cool and set aside.

4. Rinse then slice Romaine heads length-wise in half carefully preserving the end core. Brush cut side completely with olive oil, salt and pepper.

5. Season fish with sea salt, cracked pepper and olive oil to coat, bring to room temperature before grilling. Preheat grill.

6. Basic 1" thick denser fish like Mahi takes about 8 minutes. The lettuce takes ~4. Place the fish on 1st and when turning the fish, place the cut sides of the Romaine down on the grill to char & soften slightly.

7. Remove lettuce to a platter, top with the cooked Mahi. Heap the diced fruit around the lettuce/fish salad. Sprinkle with the nut mixture and then drizzle with the Cilantro Sauvignon Blanc dressing.

Optional: avocado, grilled pineapple, lime wedges  
Enjoy with Laurentide Sauvignon Blanc of course !

Serves 4

