

## **Fish and Fruit**

Grilled Red Snapper with Tropical Fruit Salsa

Swordfish with Sweet Onions and Red Plums

Seared Spiced Shrimp over Mango Salad

Grilled Jerk Tuna with Curried Peach Relish

### **Grilled Orange Roughy with Fruit Salsa**

- 4 (8-ounce) orange roughy fillets
- 2 limes, juiced
- 1 teaspoon minced fresh ginger
- 1 teaspoon coarse ground black pepper
- 3 tablespoons extra-virgin olive oil
- Tropical Fruit Salsa (recipes follows)

Preheat a grill. Place the fish fillets in a shallow dish and reserve. In a small bowl, combine lime juice, ginger, pepper, and olive oil. Pour the mixture over the fish and let sit for 15 minutes.

Grill the fish over medium heat until the flesh is cooked through and opaque, about 4 minutes per side, depending on the size of the fish. Top with tropical fruit salsa and serve.

### **Fruit Salsa:**

- 1 cup diced mango
- 1 cup diced pineapple
- 3 tablespoons chopped cilantro leaves
- ¼ cup diced red onion
- ¼ cup diced red pepper
- 2 tablespoons honey
- 2 tablespoons fresh lime juice

In a medium bowl, combine all ingredients and mix well. Let stand to let flavors combine.

### **Mahi Mahi with Asian Plum-Onion Chutney**

- 4 (6-ounce) swordfish steaks
- Extra-virgin olive oil
- Salt and freshly ground black pepper
- Five Spice (optional)
- Asian Plum-Onion Chutney (recipe follows)

Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Brush both sides of the swordfish fillets with olive oil and season with salt and pepper. Grill the swordfish about 3 to 4 minutes on each side for a 1-inch thick fillet.

Transfer the grilled swordfish to serving plates, top with the chutney, and serve.

### **Asian Plum-Onion Chutney**

- 1 tablespoon oil
- 1 small yellow onion, diced
- 1 small red onion, diced
- 2 fresh plums, diced
- 1/3 cup golden raisins
- 1 tablespoon fresh ginger
- 1/3 cup brown sugar, packed
- 1/2 cup cider vinegar
- 1/4 cup hoisin sauce
- 1 teaspoon salt, or to taste
- Hot sauce (optional)

Bring oil to medium heat in a saucepan. Add onions and cook until translucent. Add remaining ingredients, cover and bring to boil. Uncover and simmer gently for 20 to 30 minutes or until thickened and glossy, stirring occasionally. Serve with fish.

### **Seared Shrimp with Mango Salad**

- 36 large uncooked shrimp (about 2 pounds), peeled with tails left intact, deveined
- 12 bamboo skewers
- Olive oil
- Salt and pepper
- Mango Salad (recipe follows)

Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Thread three shrimp onto each of the skewers. Brush both sides of the shrimp with olive oil and season with salt and pepper. Grill about 2 to 3 minutes on each side or until cooked through.

Serve with mango salad.

### **Mango Salad**

- 2 tablespoons passion fruit juice concentrate
- 3 tablespoons minced shallot
- 4 teaspoons wine vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon coriander
- 3 tablespoons olive oil
- 8 cups herb salad mix (about 4 ounces)
- 1 large ripe mango, halved, pitted, peeled, sliced
- 2 small avocados, halved, pitted, peeled, sliced

Whisk first 5 ingredients in small bowl to blend; gradually whisk in oil. Season dressing generously with salt and pepper. Toss salad mix, mango and avocado in large bowl with enough dressing to coat (do not over dress). Reserve remaining vinaigrette. Divide salad among 4 plates. Top with shrimp and drizzle with more vinaigrette.

### Grilled Jerk Tuna Steaks with Curried Peach Relish

- 3 scallions, thinly sliced
- 1 tablespoon chopped fresh thyme
- 2 teaspoons kosher salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon black pepper
- 2 tablespoons fresh lime juice
- 1 tablespoon molasses
- 1 teaspoon hot sauce
  
- 4 6-ounce tuna steaks
- 2 tablespoons vegetable oil

Combine scallions, thyme, salt, allspice, pepper, lime juice, molasses, and hot sauce in a bowl and whisk until smooth. Place tuna in bowl and coat with marinade. Set aside 10 minutes.

Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Remove fish from marinade and discard any marinade remaining in dish. Grill on a lightly oiled grill rack, turning once, until outside is seared but still rare.

Transfer to a cutting board and let stand 5 minutes. Serve with relish.

### Curried Peach Relish

- 1 tablespoon vegetable oil
- 1/2 cup chopped red onion
- 1 tablespoon minced peeled fresh ginger
- 1 teaspoon kosher salt
- 1 1/2 teaspoons curry powder
- 1 pound firm-ripe peaches, peeled, pitted and diced
- 1/2 pound tomatoes, diced
- 2 tablespoons sugar
- 1 tablespoon fresh lime juice

Cook onion, ginger, and salt in oil in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until softened, 3 to 4 minutes. Add curry powder and cook, stirring constantly, 1 minute. Add peaches and tomatoes with any juices, sugar, and lime juice and simmer, uncovered, stirring occasionally, until mixture is thick and peaches are tender but still hold their shape, about 8 minutes. Transfer to a bowl and cool, uncovered, then chill, covered, at least 8 hours.