

AHF Culinary Showcase

Recipe Name: Grouper around the world

Recipe Description: This recipe is inspired by flavors and ingredient used on the Caribbean, African, Central American and Asian countries.

Full Recipe:

- Prep Time: 40 minutes
- Cook Time: 20 minutes
- Yield: 6 portions

Component 1: Mango Chutney

12 oz. Mango
1 each jalapeno pepper
1 large heirloom tomato
1 spring fresh cilantro
1 Tbsp. Minced red onion
1 Tsp. Kosher salt
Dash cumin

Method of Preparation:

Small diced full ripened mango, minced jalapeno pepper seeds and ribs removed, minced a large heirloom tomato, seeds removed and finely chopped cilantro leaves. Mix all ingredients in a mixing bowl and keep at room temperature for at least 20 minutes before serving.

Component 2: Fresh Corn and Sorghum Cakes

5 each fresh corn cobs
1 cup cooked, sorghum
1 each fresh egg
1 ½ fine ground breadcrumbs
2 oz. Grated parmesan cheese
1 spring parsley
6 each chives
1 tsp. kosher salt
Dash black pepper
3 Tbsp. Olive oil

Method of Preparation:

Cook sorghum ahead of time and set aside. Remove corn kernels from the cob, finely mince chives and parsley. Sauté half of the corn for five minutes and allow it to cool down for ten minutes. Pure half of the sorghum and half of the corn.

In a mixing bowl, add all ingredients and mix thoroughly. Form 2 ounces balls and shape them into a cylinder. Sear them on a sauté pan until light brown. Finish them in the oven or reduce heat if oven is not available.

Component 3: Jamaican Jerk Grouper

6- 6 oz. grouper filets
4 oz. diced yellow onion
1 tbsp. distilled vinegar
2 spring fresh parsley
3 springs green onions
2 tsp. minced garlic
1 tsp. all spice
1 tsp. five spice
1 tsp. black pepper
1 tsp nutmeg
1 tsp. kosher salt
2 tbsp. soy sauce
½ cup olive oil

Method of Preparation;

Puree all ingredients except grouper and oil. Marinade fish for at least 20 minutes.
Remove most of the marinade from fish. Heat up oil in a sauté pan and pan roast it for five minutes on each side or until cooked thoroughly.

Component 4: Coconut curry sauce

1 ½ cup coconut milk
1 tsp. vegetable base
¼ tsp pepper flakes
1 tsp sugar
½ cup water
1 tsp curry powder
2 tsp. lemon grass pure
2 tsp ginger pure
1 tsp garlic pure
Dash kosher salt
1 tsp corn starch
1 tbsp. sesame oil

Method of Preparation

In a small pot, heat up sesame oil and sauté garlic, ginger and lemon grass. Add remaining ingredient except water and corn starch. Let it simmer for ten minutes. Dilute corn starch in water and add the mixture to the coconut sauce, slowly. Stir constantly to avoid lumps. Strain the sauce for service.

Component 5: Sautéed green beans

15 each fresh green beans
1 tbsp. olive oil

Dash kosher salt
Dash black pepper

Method of Preparation:

Remove the ends of the green beans, cut them by half, about 2 inches long. Heat up olive oil in a sauté pan and cooked them until tender. Keep warm for service.

Component 6: Garnish

3 each ripened avocados
6 each cilantro springs
1 tsp. smoked paprika

Instructions on How To Plate and Serve:

1. Heat up plates before plating
2. Place coconut sauce at the center of the plate, about 2 inches in diameter.
3. Place sautéed green beans on the center of the place (on top of the coconut sauce)
4. Place mango chutney around the coconut soup
5. Place one corn and sorghum cake at the center of the plate
6. Cut the filet of fish by half and place it on top of the corn cake
7. Slice half of the avocado and place it on top of the fish
8. Place fresh cilantro on top of the avocado.
9. Sprinkle paprika around the rim of the plate.