



MACADAMIA NUT CRUSTED FRESH MAHI

PRODUCT NAME / DESCRIPTION	AMOUNT	MEASURE	COST
FISH	6	OZ	
SCALLION RICE, INTO A MOLD	2.5	OZ	
MUSHROOM SAUCE	1	OZ	
MISO MAYO	1	TBSP	
MACNUT CRUST	1.5	OZ	
MARINATED CHERRY TOMATOES (IN OLIVE OIL)	0.5	OZ	
PINEAPPLE PEPPER JAM	1	TBSP	

PROCEDURE:

- 1 COOK MAHI A LA PLANCHA SEASONING WITH S&P SEARED BOTH SIDES
- 2 FINISH WITH 1 TBSP MISO MAYO, 1.5OZ (YELLOW SCOOP) MACNUT CRUST ON THE TOP OF THE FISH
- 3 FINISH ON THE OVEN UNTIL YOU GET A BROWN MACNUT CRUST, ABOUT 40 SECONDS
- 4 ON A 12" PLATE, ADD 2.5 OZ SCALLION RICE FROM THE MOLD, 1.5 OZ SAUTEED BROCCOLI, THEN ADD FISH RIGHT NEXT TO THE RICE & FINISH WITH 1 OZ MUSHROOM SAUCE, .5OZ MARINATED CHERRY TOMATOES & 1 TBSP PINEAPPLE PEPPER JAM.