

Dear Walking Fish Members,

This week everyone will be receiving mahi! The mahi were caught in the Gulfstream and landed in Carteret County. Mahi is a very mild, firm fish that can be cooked in a variety of ways. It is especially good grilled. Check out the Facebook page for photos!

WEEK 3: May 12th, Delivery

WHERE: Duke Raleigh Hospital

P1 South Parking Garage, next to the lower level entrance

WHEN: Thursday, 4 – 6 pm

WHO: Every and Blue Group

SHARE DESCRIPTION:

Mahi

A friend of mine shared this recipe with me several years ago.

Grilled Mahi with Caribbean Salsa

Mahi fillets (about 1 ½ lbs)

3 TBSP chopped cilantro

1 Roasted jalapeno pepper, chopped

2 TBSP fresh lime

1 TBSP minced ginger

Combine the jalapeno, lime juice, ginger and cilantro.

Preheat a grill, and lightly oil the rack with cooking oil. Place fillets on the hot grill and cook for about 3 – 4 minutes. Flip fish and cover with the jalapeno mixture. Continue cooking until the fish flakes easily with a fork. Serve with Caribbean Salsa.

Caribbean Salsa

1 large mango, diced

1 large tomato, chopped

1 large banana, chopped

½ cup chopped red pepper
½ cup chopped green pepper
¼ cup chopped cilantro, optional
3 green onions, chopped
1 roasted jalapeno pepper, chopped
1 TBSP minced ginger (or 1 tsp. dried ginger)
2 TBSP brown sugar
3 TBSP lime juice
1 TBSP olive oil
Salt and pepper

Gently combine all ingredients and refrigerate for 2 hours before serving.

~The Walking Fish Crew