

Caribbean Grilled Mahi-Mahi

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

MARINADE

1 tablespoon ground
allspice
1 tablespoon dried thyme
1 1/2 teaspoons cayenne
pepper
1 1/2 teaspoons fresh
ground pepper
2 tablespoons garlic powder
1 tablespoon sugar
1/2 cup distilled white
vinegar
1/4 cup soy sauce
1/4 cup fresh lime juice
1 habanero pepper (or two
jalapeno peppers), seeded
and minced
1/4 cup dark rum
1 cup white onion, minced
1 cup olive oil

FISH

4 (6 ounce) mahi-mahi fillets

Make the marinade: In a bowl, combine the allspice, thyme, cayenne, pepper, garlic powder, sugar, vinegar, soy sauce, lime juice, habanero pepper, rum and onion. Slowly whisk in the oil to form an emulsion.

Arrange the mahi-mahi fillets in a shallow baking dish. Pour on the marinade. Cover.

Refrigerate for one to two hours.

If grilling, grill until cooked through, about 5 minutes for each side.

If baking, roast on an oiled baking sheet at 400 degrees until opaque and flaky, 10 to 12 minutes.

The marinade can be made up to one week in advance and kept in refrigeration.

Per Serving (excluding unknown items): 2302 Calories; 218g Fat (87.4% calories from fat); 10g Protein; 61g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 4135mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Vegetable; 1/2 Fruit; 43 1/2 Fat; 1 Other Carbohydrates.