

CopyCat Bahama Breeze Pan Seared Fish With Cucumber Jalapeno Slaw

Ingredients

1 1/2 pound grouper, mahi mahi, or tilapia, cut into equal fillets
1 teaspoon Creole seasoning blend
1/2 teaspoon kosher salt
1 tablespoon olive oil
4 tablespoons reduced balsamic drizzle
12 asparagus spears, cooked
4 fresh cilantro sprigs
1 lemon, thinly sliced
1 lime, thinly sliced
2 tablespoons chopped chives

Sweet Potato Mash:

2 quarts water, hot
1 tablespoon salt
4 pounds sweet potatoes, peeled, 2" dice
3/4 cup milk
2 ounces butter, 1/2" dice
1/4 teaspoon white pepper
1 teaspoon cinnamon
1 teaspoon kosher salt
1/4 cup brown sugar

Cucumber Jalapeno Slaw:

1 pound salad cucumbers, peeled, seeded and sliced
1 red bell pepper, sliced
1 yellow pepper, sliced
2 jalapeno peppers, seeded and cored, cut into 1/8" rings
1 small red onion, sliced and separated into rings

1/2 cup rice vinegar
1 tablespoon extra virgin olive oil
1/4 teaspoon kosher salt
1/2 teaspoon Creole seasoning
1/4 teaspoon cumin, fresh ground
1/2 ounce fresh cilantro, chopped
1/2 dash habanero or favorite hot sauce

Directions

For Cucumber Jalapeno Slaw: Place the sliced cucumbers, red and yellow bell peppers, jalapeno and red onions in a stainless mixing bowl.

Combine the remaining ingredients in a small mixing bowl and mix with a wire whip until evenly blended. Pour the vinaigrette over the vegetables and toss until evenly blended. Adjust seasoning with additional kosher salt, if desired.

Chill for at least 4 hours before using.

For Reduced Balsamic Glaze: Gently heat balsamic vinegar in pot, reducing to 1/6th of original volume; funnel into a squeeze bottle. Refrigerate.

For Sweet Potato Mash: Place the peeled and diced sweet potatoes in a 6 quart pot. Add hot water and salt, then place the stockpot on the stove over medium heat. Bring to a boil and cook for 35 minutes or until an inserted fork in the sweet potatoes pierce easily.

Heat the milk, butter, white pepper and cinnamon in a small stockpot until warm, then set aside.

Drain the water from the sweet potatoes and transfer them into a mixing bowl. Using a wire whisk, mash until sweet potatoes are broken up. Add the warm seasoned milk and spices, mix again until the sweet potatoes are smooth – being careful not to over mix. If needed, season with additional salt to taste.

Garnish with chopped parsley.

For Fish: Heat oil in nonstick pan to high heat. Season fish with Creole seasoning blend and place in hot saute pan cooking for 2-3 minutes until it has a seared color. Flip the fish over and finish cooking until done or until 145 degrees F.

Make 5-6 zig-zags with the reduced balsamic drizzle on each plate. Place the hot sweet potato mash in the center of plate and place 3 spears of asparagus radiating out from mash to the side. Place the fish slaw, and lay a cilantro sprig atop the slaw.

Garnish each plate with a lemon and lime slice and sprinkle with chopped chives.