

Plantain Crusted Mahi with Ripe Plantain Mash

(Use of TIO JORGE® Plantain Strips)

For the **PLANTAIN CRUSTED MAHI**

- 4 6 oz. filets of Mahi Mahi
- 1 cup TIO JORGE® Plantain Strips, fried and pureed
- ½ c. flour
- 1 tsp. salt
- ½ tsp. pepper
- 2 eggs, beaten

PROCEDURE

1. Place the crumbled Plantain Chips in a shallow baking dish and set aside.
2. Season the flour with salt and pepper in a shallow baking dish.
3. In a third baking dish, place the beaten eggs.
4. Set up an "assembly line": Fish, flour mixture, egg wash, and then the coconut plantain mixture.
5. Preheat oven to 375°.
6. In an oven-safe skillet over medium heat, heat enough canola oil (2 tablespoons or so) to coat the bottom of pan.
7. Dredge the fish into the flour mixture (being sure to thoroughly coat it) and shake off excess. Dunk into the egg wash.
8. Last, place into the crumbled plantain chips. Place the crusted side of the fish in the hot pan, and cook until the plantain crust is golden, about 2 minutes. Flip the fish and let cook for an additional 2-3 minutes.
9. Place entire skillet into the oven and allow to finish cooking (about 4-7 minutes).

For the Ripe Plantain Mash

- 1 bag of Ripe Plantain Mash

PROCEDURE

1. Fill a large pot with water and bring to a rapid boil and add the bag of plantain until it reaches 165 degrees
2. Fill the Plantain boat with the Plantain Mash

For the Plantain Strips

- 1 bag of Tio Jorge Plantain Strips