

RECIPE | PEPPERS



MAHI MAHI STUFFED LONG SWEET PEPPERS



Follow us



pure-flavor.com



MAHI MAHI STUFFED LONG SWEET PEPPERS

Recipe created by Rosemary Woods and John Alvarez, *The Grand Cantina*

INGREDIENTS

8 Pure Flavor® Aurora Sweets Long Sweet Peppers, roasted
Poached Mahi Mahi
1 yellow cooking onion, diced
1 cup tomato sauce
½ tsp paprika
2 tbsp cilantro, chopped, plus extra for garnish
1 tbsp flour, plus ½ cup for dusting

2 tbsp white wine
¼ cup fish stock
1 clove garlic, minced
¼ cup bread crumbs, plus extra for garnish
1 egg yolk, lightly beaten
1 whole egg, beaten
Canola oil for deep frying
2 tbsp olive oil, divided
Salt and pepper to taste

DIRECTIONS

1. In a saute pan, heat 1 tbsp of olive oil over medium high heat. Add half of the diced onion and cook, stirring occasionally until translucent and pale gold, about 10 minutes.
2. Add tomato sauce, paprika, 1 tbsp of cilantro and 1 tbsp of flour. Stir well, add the wine and 2 tbsp of fish stock, stir and bring to a boil. Reduce to simmer for 5 minutes.
3. Season with salt and pepper and set aside. Meanwhile, heat remaining 1 tbsp of olive oil over medium high heat in a sauce pan. Add the remaining onion and cook, stirring occasionally for 5 minutes. Add the garlic and continue to cook for 3 minutes.
4. Reduce heat slightly and add poached Mahi Mahi, bread crumbs and remaining 2 tbsp of fish stock. Stir occasionally and cook for 5 minutes. Add egg yolk, stir gently and season with salt and pepper. Remove from heat and stir in remaining 1 tbsp cilantro. Let cool.
5. Lay peppers flat and place 2-3 tbsp of fish mixture down the length of the pepper. Roll the peppers and pinch closed. Refrigerate several hours until firm.
6. In a saute pan, pour canola oil to the depth of 1 ½". Heat oil to 370°F. While oil heats one at a time, dip the stuffed peppers in beaten egg and dust in flour. Shake off excess flour. Place in the oil one at a time and fry for 3-4 minutes, until golden. Remove from oil and let drain on a paper towel. Repeat with remaining peppers.
7. Place tomato sauce mixture in a large frying pan over medium high heat. Add the peppers and simmer for 10 minutes, spooning sauce over the peppers. Garnish with additional breadcrumbs and cilantro. Serve.



TOTAL TIME

60 minutes (not including chill time)

PREP TIME

30 minutes

COOK TIME

60 minutes

CHILL TIME

2 - 3 hours

SERVES

4 - 6

COOKING LEVEL

Difficult