

PERCH WITH MANGO SALSA

Perfectly seasoned perch!

by Corporate Chef Kurt Kwaitkowski

Featured Food: Yellow Perch

Yield: Serves 6-8

Ingredients

8-10 oz. yellow perch fillets	2 t. turmeric
1 T. harissa paste	2 t. fenugreek leaves
1 ½ t. ground cumin	1 t. ground coriander
4 T. olive oil	1 T. lemon juice
1 serrano pepper, veined, seeded and minced	1 t. white wine vinegar
¼ c. small diced red pepper	3 T. brown sugar
2 cloves of garlic, minced	Salt and pepper to taste
3 mangos, peeled, medium dice (these do NOT have to be ripe)	

Preparation

Rinse and drain fillets on paper towel. Place fillets on sheet pan. Mix harissa paste and cumin together with 1 T. olive oil. Brush on the perch and let marinate in refrigerator for 1-2 hours

Heat 1 T. oil in a non-stick sauce pan over medium heat and sauté peppers and garlic for 1 minute. Add the mangos and reduce heat to low. Add seasonings, lemon juice, and vinegar and cook on low for 5 minutes. Add brown sugar and stir lightly until sugar is melted.

Remove from heat; add salt and pepper to taste. Set aside.

Add 3 T. olive oil to non-stick sauté pan; over medium high heat, lightly pan sear the perch cooking skin side down first and then turning after 3 minutes to finish cooking on the flesh side for an additional 2 minutes. Top with salsa and serve.