

# TROPICAL BLACKENED GROUPER

Get ready to tantalize your taste buds because this recipe is filled with both incredible flavor and texture. A sweet mango beurre blanc sauce pairs perfectly with the slightly bitter flavor of our crunchy, roasted brussels sprouts. Enter the papaya and jalapeño salsa atop an exquisitely seared grouper – this is simply a Caribbean dream.

## MAKES 1 SERVING

- 6oz Red Grouper
- \*\* Blackening seasoning
- 1 Large peeled mango
- 1 Peeled papaya
- 1 oz Shallots
- 1 oz Oil
- 2 oz White wine
- 2 oz Heavy cream
- 1 oz Butter
- 6 oz Brussel sprouts
- 1 pinch Cilantro, chopped
- 1 oz Red onion, diced
- 1 oz Red pepper, diced
- To taste lime
- 1 oz jalapeno

### TROPICAL BEURRE BLANC

Start by simmering shallots with a little bit of oil on a low temperature, once the shallots start caramelizing we proceed to add a pinch of thyme and add half of the mango ( diced ) and half of the papaya ( diced ) and the wine.

Add the cream and mix well. Remove from the heat and pour into a blender. Blend until smooth. Return to the saucepan and simmer over low heat for about 10 minutes. You want the sauce to thicken a little so we add the butter until the desire texture but no letting it boil.

### BRUSSELS SPROUTS

Trim your Brussels sprouts by chopping off the stem end. Then cut the sprout in half.

Next, toss the sprouts with the lemon juice, olive oil and garlic on a medium temperature in a sauté pan until slightly charred. Finish with orange zest.

### BLACKENED RED GROUPER FILET

Preheat sauté pan to high heat.

Rub the grouper filet with butter, sprinkle both sides with the blackening seasoning.

Add a little oil to sauté pan and add the grouper searing on each side, about 4 minutes on each side.

Remove from sauté pan.

### PAPAYA MANGO SALSA

In a bowl mix small diced mango, papaya, red pepper and diced red onion.

Add the cilantro, lime juice, salt and pepper to taste.

