

# ENTERTAINING AT HOME

by CHEF ALBRICH



## *Pan Seared Mahi-Mahi, Calabaza Silk and Blanched Spinach*



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From intimate dinner parties to larger gatherings, Chef Albrich will delight your guests and make your event a real culinary success. Call us for your next affair.

Continuing with our light fares, for this issue we bring you a dish that is healthy, light and relatively easy to prepare. Mahi-Mahi, also known as Dolphin, is a white fish and therefore, very low in fat. It is easy to find in South Florida and most people are familiar with it.

By serving the mahi-mahi with calabaza (from the pumpkin family) and spinach we add plenty of vitamins and nutrition to our dish while at the same time allowing us to do a colorful presentation that satisfies the eyes as well as the stomach. Try this recipe and see how you like it.

### Ingredients

Optional for decorating: Cilantro leaves and sun-dried tomato spread (or diced fresh tomatoes)

#### Mahi Mahi:

2/3 lb. of fresh mahi-mahi  
1 large garlic clove  
3 to 4 tbsp olive oil  
1/2 lime  
Salt & fresh ground black pepper to taste

#### Calabaza Silk:

1 cup of fresh calabaza, diced  
1 tsp of fresh chopped ginger  
1 orange  
1/2 lime  
1/2 cup fish soup stock (ajinomoto). Can substitute for chicken if you prefer.  
Salt & pepper to taste (can use cayenne pepper instead if you prefer a stronger kick)

#### Spinach:

3 oz fresh clean baby spinach leaves  
1/4 cup fish stock  
1 large garlic clove  
1 oz dry white wine  
Salt & fresh ground black pepper to taste

### Preparation

**Before you start cooking:** Cut the mahi-mahi into approx 2.5 inch pieces. Salt and pepper to taste, press garlic clove and smear on fillets. Add 1.5-2 tbsp olive oil and the juice of half a lime. Make sure all fish pieces are covered in seasonings and set aside in refrigerator at least one hour.

**Calabaza:** Put all ingredients listed under "Calabaza Silk" in a small deep pan and cook covered until tender. Transfer all ingredients to a blender and blend at high speed until you get a very fine mixture.

**Spinach:** Heat broth in a pan and add all other ingredients. Toss and cook for about 3 minutes. If you over cook you will lose the nice green color and some nutrition.

**Fish:** Once the calabaza silk is done and the spinach is cooking, start cooking the fish. Add 1.5-2 tbsp olive oil to a shallow non-stick pan and when medium hot add pieces of mahi-mahi fillets. Cook until golden brown on outside but soft on inside (around 2 minutes on each side) or to taste.

#### Plating (see photo)

Spread 3-4 tbsp of the calabaza silk in the center of a plate. Add about 2 large tbsp of the blanched spinach in the middle. Place 2 or 3 pieces of the mahi-mahi on top of the spinach. To add color and make a nicer presentation add cilantro leaves and some form of tomato (we used a delicious sun-dried tomato spread) as shown in photo.

### Conclusion

Once you try it a few times, preparing fish at home is quick and easy. The main thing is to find fresh fish, and trust me that is not so easy to do in South Florida. Most supermarkets carry fish that smells and that is because the fish is too old. A good fish market will not smell "fishy" when you walk in. Fresh fish cooks fast, is very nutritious and normally low in fat. Even when higher in fat, it usually has what they call "the good fat" such as that found in salmon. Send comments to [chef@chefalbrich.com](mailto:chef@chefalbrich.com).