

Cooking with the Club

by Chef Robert Larios



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Seafood Made Easy

Mahi Mahi With Red Pepper-Tomato Langoustine

DIRECTIONS:



1 Wash banana leaves and place mahi mahi in the inside part of the leaves, and wrap into a package.



2 Place in a baking pan or Pyrex glass pan and cover with aluminum foil.



3 Place in the oven at 350 degrees F for 40 minutes.



4 In a separate saucepan, pour extra virgin olive oil, langoustine, salt and pepper, diced jalapeño, shallot and garlic. Let brown and then add red pepper-tomato sauce. Let simmer for about 20 minutes.



5 Add Parmesan cheese, parsley and basil.



6 Remove the mahi mahi from the banana leaves.

I've been on a seafood kick the last few months, and I have this fish-langoustine recipe to share. The words mahi mahi (fish) and langoustine may sound like ingredients that would be too hard to find and too hard to cook, but don't be fooled. These ingredients are more common now than ever at local stores. I found the banana leaves, mahi mahi and red pepper-tomato at Trader Joe's and Stater Bros.

When preparing the fish, you may find it already marinated, which works. But if you need to have it seasoned, salt and pepper is really all that's needed. The fish can be purchased frozen, and the same goes for the langoustine. If you can't find langoustine, you may use shrimp as a substitute. As for the red pepper-tomato sauce, feel free to use a marinara sauce instead.

Enjoy!

Mahi Mahi With Red Pepper-Tomato Langoustine

Makes 4 servings

INGREDIENTS:

- 1 large banana leaf, soaked and washed in water
- 1 pound, mahi mahi fish
- 1 jalapeño
- 1 shallot
- 2 cloves garlic
- 2 tablespoons extra virgin olive oil
- 1/2 pound langoustine (a great substitute is shrimp)
- 2 cups red pepper-tomato sauce
- 2 tablespoons parsley
- 1 tablespoon basil
- 1/4 cup Parmesan cheese
- Salt and pepper

Cooking Tidbit: *If you don't have access to banana leaves, use aluminum foil.*



7 Plate the fish and douse the red pepper-tomato sauce over the fish.

[A Cook's Dictionary]

Langoustine:
the French word for prawn. These prawns have bodies shaped like tiny Maine lobsters, including miniscule claws.

- From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.