

THE FIREHOUSE

RESTAURANT

PAN-ROASTED MAHI MAHI WITH TOGARASHI SPICE YAKISOBA NOODLE STIR-FRY WITH PICKLED KUMQUATS

Deneb Williams ~ Executive Chef
(Serves 4 guests)

INGREDIENTS

FISH

4 each 6-oz mahi mahi filets
to taste salt & pepper
2 Tbsp olive oil or vegetable oil blend

STIR-FRY

2 Tbsp olive oil or vegetable oil blend
4 oz snow peas
4 oz carrots, *julienned*
¼ cup red onion, *julienned*
4 oz broccoli florets
12 oz seasonal vegetables, *chopped* (choose what is fresh)
16 oz yakisoba noodles

RECIPES

¼ cup Ponzu Soy Glaze (see recipe below)
2 Tbsp Togarashi Spice (see recipe below)
2 cups Carrot-Ginger Sauce (see recipe below)
½ cup Pickled Kumquats (see recipe below)

PROCEDURE

- Prepare Pickled Kumquats, Ponzu Soy Glaze, Togarashi Spice and Carrot-Ginger Sauce.
- Preheat oven to 350°.
- Liberally season mahi mahi on both sides with salt and pepper.
- In a sauté pan on medium-high heat, add 2 Tbsp oil then place fish top side down (skin side is on bottom.)
- Sear for 3-4 minutes in oil until deeply caramelized.
- Flip and glaze liberally with Ponzu Soy Glaze and sprinkle with Togarashi Spice.
- Roast in oven for 4-6 minutes.
- While mahi mahi is in the oven, heat sauté pan on medium-high heat.
- Add 2 Tbsp oil, snow peas, carrots, onion, broccoli and seasonal vegetables. Sauté for 2-3 minutes until al dente.
- Add yakisoba noodles and one-fourth cup Ponzu Soy Glaze, cover and steam for 2 minutes on medium heat.
- Toss noodle stir-fry to incorporate sauce. Cover and set aside.

TO SERVE

- Place one-half cup Carrot-Ginger Sauce in center of plate.
- Pile stir-fry on top of sauce.
- Place glazed mahi mahi on top of stir-fry.
- Garnish with pickled kumquats.

PONZU SOY GLAZE

(Yields 12 ounces)

INGREDIENTS

¼ cup	sugar
½ cup	hot water
¼ cup	soy sauce, low sodium only
1 oz	sweet soy sauce
1 oz	sweet chili sauce
2 cloves	garlic, <i>minced</i>
1 inch	fresh ginger, <i>grated on microplane</i>
¼ cup	pineapple juice
2 Tbsp	sesame oil
1 Tbsp	cornstarch
1 Tbsp	water

PROCEDURE

- In a heavy-bottomed sauce pan, mix sugar and hot water until sugar dissolves.
- Add soy, sweet soy sauce, sweet chili sauce, garlic and ginger.
- Bring to a boil.
- Add pineapple juice and sesame oil, mix thoroughly
- Return to a boil.
- Mix together cornstarch and water to make a slurry and add to glaze. Set aside.

TOGARASHI SPICE

(Yields ¼ cup)

INGREDIENTS

½ cup	orange zest
¼ cup	lime zest
1 Tbsp	black peppercorns
½ tsp	chili flakes
1 tsp	garlic powder
1 Tbsp	sesame seeds
1 Tbsp	black sesame seeds
1 Tbsp	furikake*

PROCEDURE

- Bring a 4-quart pot of water to a hard simmer.
- Place a ceramic plate on the top of the pot as a lid, trapping the steam.
- Place the citrus zests on the plate.
- Dry zest for 30-40 minutes, stirring occasionally until all moisture is evaporated.
- Place dried citrus, peppercorns, chili flakes and garlic powder in spice grinder.
- Pulse to a fine powder.
- In a small bowl, combine spice mixture, sesame seeds and furikake.
- Set aside.

*Furikake is a Japanese seaweed-spice blend available at most Asian markets.

CARROT-GINGER SAUCE

(Yields 2 cups)

INGREDIENTS

½ cup carrots, *chopped*
½ cup yam, *chopped*
1 Tbsp ginger, *grated on microplane*
2 tsp garlic, *minced*
2 cups water
1 tsp salt

PROCEDURE

- Combine all ingredients in a sauce pan and simmer for 20 minutes.
- Purée with an immersion blender. Set aside.

PICKLED KUMQUATS

(Yields ½ cup)

INGREDIENTS

1 lb kumquats
4 cups hot water
1 cup champagne vinegar
1 ½ cups sugar

PROCEDURE

- Slice kumquats thinly, removing all seeds.
- Bring water, champagne vinegar and sugar to a boil.
- Pour boiling liquid over sliced kumquats.
- Pickle kumquats overnight in refrigerator. Discard liquid after use.