



## BBQ Honey & Lime with Mahi Mahi

If you've just caught a mahi mahi (also called dorado), then great, if not, a quick visit to a good fishmongers, remember fish should not smell. Like most fish, Mahi Mahi cooks fast on the grill. Medium High heat is perfect for fish. But before the cooking starts there's a little prep work. By its self, Mahi Mahi can be a little light tasting, so why not zap it up with a little marinade, this one is for honey and lime.

For the marinade you need:

- 1/4 cup Fresh Lime Juice
- 2 TBS Olive Oil
- 1 TBS Honey
- 1/4 tea cayenne pepper
- pinch of salt

Whisk these ingredients together in a bowl. Rinse the Mahi Mahi filets under cool water and pat dry with a paper towel. Place the fish in a zip lock bag and pour the marinade over it. Gently move the filets around so that everything is covered and place the bag in the refrigerator for 45min to 1 hour. You don't want to leave it in the marinade too long because the lime juice will actually start to cook the fish.

The trick to grilling perfect fish is to have a well-greased cooking surface. You also want it to be clean and hot. To oil the cooking surface use a cotton rag soaked in vegetable oil. Right before the fish goes on give the grate a good rub with the rag. It doesn't have to be thick just a decent coating. Sometimes the fish still wants to stick a little but this will help for the most part.

The cooking time for Mahi Mahi is fast. Place the fish on the grate and set a timer for 1 ½ minutes. When it goes off, use a spatula and twist the fish a quarter turn, so it has that diamond pattern, restaurant look. Time it for another 1 ½ minutes then give it a gentle turn to the opposite side. Set the timer for 1 ½ minutes once again. At this point brush on a glaze, try this one.

### Honey Lime Glaze

- 2 TBS Lime Juice
- 2 TBS Olive Oil
- 1 TBS Rice Wine Vinegar
- 1 TBS Honey
- Salt and Pepper

Add the lime juice, vinegar, and honey to a bowl. While whisking slowly add the olive oil. Throw in a pinch of salt and pepper to balance the flavor. After three more minutes the Mahi is ready to come off the grill. When the fish is cooked, give the grill a quick brush to remove any stuck on bits.

So, basically that's BBQing in a nutshell, it's not rocket science, just a little forethought and you should achieve the perfect BBQ.