



Pecan Crusted Cobi

With Peach Apple Chutney and Coconut Chile Rice

Camine Pappas / Serves 4 / July 2021

INGREDIENTS:

CHUTNEY:

- 2 large just ripe peaches peeled and diced into ½" pieces
- 1 large Fuji apple, unpeeled, diced into 12" pieces
- 3 T thinly sliced shallots
- 1 t grated fresh ginger
- ¼ C golden raisins
- Pinch of ground cloves
- 3 T Olive This! Peach White Balsamic Vinegar
- 1 t coarse kosher salt
- 1/3 t ground black pepper
- 1 T white sugar

PECAN CRUSTED COBI:

- 4, 4 oz cobia fish steaks patted dry and coated with a bit of olive oil just enough to coat.
- 1 C toasted pecans, processed to fine pieces ½ t coriander powder
- ½ t kosher salt + ¼ t black pepper
- 3 T finely chopped Italian parsley
- 2 to 4 T olive oil divided

COCONUT CHILE RICE:

- 1 C Jasmine Rice + 2 C water. Cook as directed.
- When ready add 2 T coconut oil, 1 red Thai chile, ½ T kosher salt. Blend.

METHOD:

Chutney: Place the diced peaches and apple in a medium sized saucepan. Add the 1 T sugar and toss. This keeps them from turning brown. Now continue to cut and prep other ingredients. Add the sliced shallots, ginger, raisins, cloves, vinegar, salt, and pepper. Bring all ingredients to a simmer and then cook on a very low bubble for 8 minutes, stirring very often. Remove from stove, let cool slightly. Serve. Can also be refrigerated and used up to 3 days.

Fish and Rice: Combine pecan pieces, coriander, salt, and pepper, parsley and oil until a paste. Place Cobia in glass baking dish about ½ inch apart. Place the pecan mixture on top. Be generous. You can never have too many pecans! Bake in a preheated 400-degree F oven for about 12 minutes, or until opaque.

Serve over rice mixed as stated above.



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