

## Pan-Seared Dolphin topped with Hot & Sour Mango Relish

1/4 Cup Minced Shallots  
2 Tbs Olive Oil  
1 Jalapeño, minced including seeds  
2 Mangos, diced  
1 Tbs Asian Fish Sauce, good quality  
1/8 tsp Cayenne Pepper  
1 Tbs White sugar  
1/4 tsp salt  
Zest of a fresh Lime  
2 tsp Toasted Benne Seed or sesame seeds  
2 1/2 Tbs Fresh Lime Juice

(4) 6-8 oz Dolphin Fillets  
1 Tbs Olive Oil  
Corn Starch for fillet dusting  
Salt & Pepper to Taste

Cooked White Rice



Add the oil to a pan over medium heat. Heat the oil and then add the shallots. Cook the shallots until golden in color. Around 4-6 minutes. Do not overcook. Add the jalapeño and cook until soft. Add the mango, fish sauce, Cayenne, sugar, salt, and lime zest. Cook until the mango begins to soften and the entire mixture has thickened. Remove from the heat and let rest for a couple of minutes and then add the lime juice. Stir the juice until combined and transfer to a small bowl let the relish rest.

Pat dry the Dolphin fillets with a paper towel. Salt and pepper the fillets to your taste and then lightly dust with corn starch. Shake the excess off.

Add the oil to a clean pan over medium-high heat. Bring the oil up to just smoking and add the fillets to the pan. Sear for about 4 minutes and then turn the fillets over and cook for an additional 4 or so minutes until the fish flakes and is golden. The thickness of the fillet will vary the cooking time. Test the doneness using a fork for flakiness.

Remove the fish from the pan and let rest for a couple of minutes.

Serve the Dolphin and top with the relish alongside white rice.

Enjoy