

dinner
in a breeze

running hot & cold

Our new column offers an easy menu that can be prepared in less than 30 minutes.

In this main dish, cool, sweet mango tames the flame of spicy snapper.

TEXT AND RECIPES
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Blackened Yellowtail Snapper with Mango Salsa

- 1 cup cubed ripe mango
- ½ cup fresh cilantro, chopped
- ¼ cup chopped red onion
- 1 jalapeño pepper, minced
- 2 tablespoons fresh lime juice
- 2 (6-ounce) skinless yellowtail snapper fillets
- 1 tablespoon melted butter
- 2 tablespoons prepared blackened or jerk seasoning

Combine mango and next 4 ingredients in a bowl. Cover and chill until ready to serve.

Brush snapper with melted butter, and coat both sides with seasoning.

Heat a large cast-iron or heavy-bottom skillet until hot. Cook fish 2 minutes on each side or until opaque.

Serve with mango salsa.

Makes 2 servings.

SIMPLE SIDES

Tossed Green Salad

Use any favorite bottled or make-ahead dressing. Try a creamy one to cool the heat of the blackened fish.

Seared Red Potatoes

Microwave baby red potato wedges 2 minutes or until tender. Sauté in oil or butter 3 to 5 minutes or until golden brown.

POUR

2004 Black Swan Chardonnay-Semillon (\$8)

The lively blend reveals hints of melon and honey, pairing well with most seafood.

SERVE A CROWD

This recipe easily multiplies for dinner parties. Double, triple, or quadruple all ingredients. Prepare the salsa; cover and chill. Prepare fish as directed, in batches, but only sear the outside; don't cook through. Place on a lightly greased baking sheet. Cover and set aside until ready to serve. If waiting more than 30 minutes, place in refrigerator. Finish by baking at 400° for 5 to 7 minutes, or until fish is opaque and flakes easily with a fork. 🍴

