

## **Mahi Mahi, Oscar Style**

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4

**CChints:** Mahi Mahi is a popular white fish that is mild, sweet and holds together well on the grill. Some supermarkets have it fresh and some have it frozen. We cooked the fish in a cast iron griddle on the grill or you can put the fish directly on the grill. Instead of making a Bearnaise sauce from scratch that has high cholesterol with egg yolks, we are using a package dry mix. Crab meat can be purchased in containers in most markets. Remember to always pick it for pieces of shell.



4 servings of Mahi Mahi, fresh preferred, but if frozen, thawed in the refrigerator.

2 teaspoon olive oil + 2 teaspoons more for grilling or use a cooking spray

1/4 teaspoon salt

A pinch of sugar

1/4 teaspoon smoked paprika

1 teaspoon lemon zest, divided (half for the fish and half for the sauce)

1/2 teaspoon lemon zest

1 glove minced garlic, fresh or from a jar

Sauce:

1 tablespoons unsalted butter

9 ounce envelope package Bearnaise sauce mix

1 cup skim or low fat milk

1/2 pound crab claw pieces or lump crab meat

4 servings of steamed vegetables like broccoli, asparagus or zucchini

Rinse and pat dry each Mahi portion and lay them on a plate. In a small bowl, blend the salt, sugar and paprika. Rub all sides with the olive oil and sprinkle the salt mixture on one side of each piece of fish. Sprinkle evenly with garlic, 1/2 teaspoon lemon and lemon zest. Let sit at room temperature while you heat the grill to medium heat.

Now start the fish by laying them on the griddle or grill pan seasoned side down first. Cook for 3 minutes on each side until done. When the fish is done it should flake.

Start preparing your side vegetable while you finish the sauce.

The goal here is to have the fish and the sauce done at the same time. Start preparing the sauce. Heat the butter in a saucepan on medium heat until it just starts to melt. Add the envelope of Bearnaise sauce and slowly pour in the milk. Reduce the heat to medium low and stir occasionally for 1-2 minutes until the sauce thickens. Remove it from the heat and stir in the crab meat. Cover to keep warm until the fish is ready.

To plate your meals, put a piece of fish on each place. Divide the sauce evenly over the 4 portions. Add your side vegetable and enjoy a lovely meal.