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# Potato Scaled Mahi Mahi with Cabernet Beurre Rouge

## Description

Looking for a quick and easy fish preparation for your next dinner? Try out Chef Maka's "onolicious" Potato Scaled Mahi Mahi tonight!

Total time: 40 min Yield: 6 Servings

## Ingredients

1 cup Italian parsley  
6 mahi mahi filets (4 oz.)  
salt  
pepper  
olive oil  
8 pieces small potatoes  
2 cup Cabernet wine (or any red wine)  
1 Tbsp honey  
8 oz butter

Prep Time: 40 min Total Time: 40 min

## Instructions

Tear the parsley leaf into pieces and place on the mahi mahi. Season with salt and pepper. Slice the potatoes with a Japanese mandolin so they're almost paper thin. Layer the potatoes over the fish and parsley leaves to resemble fish scales. Season the potatoes. Heat a non-stick frying pan with olive oil on medium heat. Place the fish with the potato side down in the oil. Cook about 3 to 4 minutes until the potato scales are brown and then flip the fish and cook for a few more minutes. Then place the fish on a baking pan and put into an oven for approximately 3 to 4 minutes. Place the fish aside. Clean the pan with paper towels and then add the wine. Reduce to about ¼ cup and add honey, salt, and pepper. Slowly whisk in the butter until smooth. Lastly, spoon the sauce onto plates and place the fish on top.

## Recipe brought to you by:

Chef Maka Kwon

## Source:

Chef Maka Kwon