

## HOW TO MAKE

# Macadamia crusted opah with mango-butter sauce

### Shopping list

- 1 egg yolk
- 1 TBS Dijon mustard
- About a cup of canola oil
- 2 cups of salted macadamia nuts
- 6 pieces of opah
- 4 oz butter
- 2 mangoes (ripe)
- Salt and white pepper

### Step

### What to do

### What you need (serves 6)

### Marguerite's tip

1

Make the mayonnaise: place the egg yolk (at room temperature) in a bowl, add the mustard, start pouring slowly the oil as you whisk. Add more oil as the content of the bowl emulsifies until it reaches a firm consistency.

- 1 egg yolk
- 1 TBS Dijon mustard
- About a cup of canola oil

2

Chop the nuts into a coarse sand. Brush some mayo on the fish and dredge with the nuts. Place in the fridge.

- 2 cups of salted macadamia nuts
- 6 pieces of opah

3

Make the sauce: peel and pit the mangoes and blend them. Place in a saucepan and warm up slowly. Add the cold butter a little at a time. Add what remains of the chopped nuts and season. Keep warm. If you have to reheat the sauce do it slowly so it doesn't separate.

- 3 oz butter
- 2 mangoes (ripe)
- Salt and white pepper

4

Melt some butter in a frying pan and cook the fish on each side (the time depends on how thick your pieces of opah are).

- 1 oz butter

5

To serve: pour some sauce in each plate and serve the fish on top, with a side of white rice.

*"You will have some left-over mayonnaise. It keeps about a week in a covered jar in the fridge. It is totally worth it to make your own mayonnaise as it improves the taste greatly. A very nice addition to the sauce would be the juice (and seeds) of one fresh passion fruit."*

