

## **Pecan encrusted mahi**

Serves 4

4ea. Mahi-mahi 8 oz.  
¾ c. Pecans  
1/8c. Honey  
¼ c. Flour  
2 oz. Blended Oil  
Salt and pepper

Method: In a hot skillet heat oil in skillet. Dredge the mahi in flour and salt and pepper. Sear on both sides and place in oven for about 7 minutes. Pull out and glaze with honey and top with pecans and put back for 2 more minutes. Served over sweet potatoes and honey butter.

Sweet potatoes

3 ea. Sweet potatoes peel and chop  
1 ea. Potato, peel and chop  
1/8 tsp. Cinnamon  
1/8 tsp. Nutmeg  
¼ c. Brown Sugar  
1/8 c. Honey  
1 oz. Ameretto  
¼ stick Butter  
¼ c. Molasses  
Salt and pepper to taste

Method: Simmer the potatoes until tender and drain. In a mixer whip all the ingredients together and season to taste.

Honey Butter

4 oz. heavy cream  
2 oz. honey  
½ tsp. jalapeño, seeded, minced  
6 oz. butter

Method: Reduce the cream, honey and jalapeño until thickens. Whisk in butter until creamed.