

**Grilled Fish Fillets with Asian Marinade and Wasabi Mashed Potatoes**  
Complements of Robin Lin Lumsden, Cookbook Author Belacour



2 lbs. fresh Mahi Mahi fillet

Asian Marinade / dressing

¼ cup rice wine vinegar

1 T. sesame oil

¼ cup vegetable oil

2 t. **Belcour Honey Mustard Pepper** or fresh Scotch Bonnet Pepper finely diced, seeds and stems removed

1 T. soy sauce

1 T. fresh cilantro, finely chopped

1 t. chili paste with garlic

1 T. **Belcour Blue Mountain Honey** or any other good quality honey

1 T. fresh ginger, peeled and grated

3 scallions

½ t. lime juice (a squeeze of lime)

1 T. vegetable oil

Butter

Salt and Pepper

Preheat broiler

Whisk all marinade ingredients together and pour over fish. Marinate fish fillets up to one hour.

Remove the fillets from the marinade and place on a broiling pan. Put marinade ingredients into a saucepan and bring to a boil. Continue to cook over medium heat until it reduces to a glaze and adjust salt and pepper.

Brush the glaze over the fish fillets and dot with butter. Broil for five minutes or until the fish is flaky and cooked through, taking care not to overcook. If there is any remaining glaze, brush again when the fish is cooked.

**Wasabi Mashed Potatoes**

3-4 Irish potatoes (or russets or Idaho)

1 T. wasabi paste

1 T. butter

Boil potatoes and mash with potato masher or a ricer. Add Wasabi paste and butter and stir or whisk well. Season with salt and pepper to taste. Serve with grilled fish and a green salad or sautéed vegetables.

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