

Fresh Grilled Fish with Pineapple Mustard Glaze and Chimichurri Sauce

For Fish

4-6 pieces of firm fresh fish (about 6 ounces each)

4-6 slices of fresh pineapple

Drizzle with olive oil and sprinkle with salt and pepper

Prepare grill and drizzle fish with olive oil, salt and pepper. Set fish on grill skin side down (if using a fish with skin) drizzle with 1-2 tablespoons of pineapple mustard glaze. Cook about 5 minutes flip and cook 1-2 minutes more. Grill pineapple slice until slightly soften and has grill marks

Pineapple Mustard Glaze

12 ounces pineapple juice

½ cup white wine vinegar

1 tablespoons soy sauce

½ tablespoon fresh minced ginger

¼ cup packed brown sugar

1 ½ tablespoons honey balsamic Dijon mustard

1 ½ tablespoons fresh lime juice

¼ teaspoon coarse salt and freshly ground pepper

Combine first 5 ingredients in a saucepan, bring to a boil. Lower heat and simmer until reduced by half, about 30 minutes. Add mustard cook for 2 more minutes . Remove from heat; add lime juice and salt and pepper.

For Chimichurri Sauce

1 cup packed fresh parsley

¾ cup olive oil

3 tablespoons Merlot red wine vinegar

2 tablespoons dried oregano

2 teaspoons ground cumin

1 teaspoon salt

2 garlic cloves, minced

1/2 teaspoon dried crushed red pepper

Blend together in food processor be careful not to over process should be slightly chunky.

Serve fish with pineapple and 1 tablespoon of pineapple mustard glaze over the top.

Garnish with chimichurri sauce.

- Fresh Fish Options Salmon, Tuna (cook to a medium rare-rare), halibut, grouper
- Serve with Jasmine rice or purple sticky rice for a beautiful presentation.
- The chimichirru is a traditional steak sauce used in Argentina. Serve over grilled rare flank steak for a awesome entrée or toast French bread slices top with a slice the flank steak and top steak with with chimichurri sauce, for a great appetizer.