

APPLE GINGER WHITEFISH WITH APPLE MANGO SALSA

Apple and ginger pair perfectly together. Sweetness with a little zing. Apple makes another appearance in the fruit salsa that's over the top!

by Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Apples

Yield: Serves 6

Ingredients

1.5 lbs. Whitefish fillets	Salsa:
1 c. apple juice	1 Gala apple, diced, skin on
1 t. minced garlic	1/2 mango, peeled, diced
1 t. chopped fresh ginger	1 kiwi, peeled, diced
	1/2 t. chopped ginger
	1/2 c. sweet and sour sauce
	2 t. fresh chopped parsley

Preparation

Mix apple juice, garlic and ginger together. Marinate whitefish in mixture for 3-4 hours.

Make salsa by first dicing the apple, mango and kiwi. Mix the ginger into the sweet and sour sauce. Add the fruit and chopped parsley. Stir all ingredients together and refrigerate until ready to serve.

Pan fry whitefish with vegetable oil. Serve fish topped with salsa.