

Pan Seared Marlin With Fresh Watermelon And Cucumber Relish Over Crisp Romaine And White Balsamic And Lemon Vinaigrette

By: Frank Harroun, Catering Manager for Saltimbanco from Cirque du Soleil

Ingredients:

6 oz Fresh Marlin or other firm light flavored fish
Juice of 2 lemons
2 tbsp. Fresh Basil Chiffonade
3 tbsp. Fresh Cilantro chopped fine
1 tbsp. Fresh Parsley chopped fine
2 tbsp. Fresh Jalapeno small dice
1 cup Watermelon small dice
½ cup English Cucumber small dice
1/8 cup Red Onion small dice
1 cup Extra Virgin Olive Oil
4 tbsp. White Balsamic Vinegar
Honey to taste
Salt and pepper to taste

Method:

For the dressing add ½ of the lemon juice and ½ of the basil and the entire white balsamic vinegar whisk together. Then slowly drizzle the extra virgin olive oil into the mixture while whisking vigorously until all the extra virgin olive oil is gone. Then add the salt and pepper to taste and a dash of honey to sweeten. Then set aside in the fridge to chill.

For the relish add all of the watermelon, cucumber, red onion, jalapeno, cilantro and parsley and lightly toss it together and add salt and pepper to taste. Then, set aside in fridge.

For the fish, season with salt and pepper on both sides and place in a hot sauté pan lightly coated with extra virgin olive oil. Then add the remaining lemon juice and a splash of a good sweet white wine. Cook 2 to 3 minutes on each side depending on thickness. Then remove from heat and set aside to rest.

Next place the fish atop the fresh cut romaine and add a couple of spoonfuls of the watermelon relish, then drizzle with the vinaigrette. Add the rest of the basil for garnish.