

Raspberry Cod with Green Tea Mango Jus

(Raspberry marinated cod, cilantro jasmine rice, mango salsa, with mango green tea jus)

Jasmine Rice

Yield 20 Servings

- 1 qt Jasmine Rice (*URM Item # 44593-2*)
- 1 ¼ qt Water
- 1 Bunch Cilantro, Chopped (*URM Item # 53003-0*)
- 2 Tbls Salt, Kosher (*URM Item # 44360-6*)
- 2 Tbls Pepper (*URM Item #42616-3*)

1. In a stockpot combine the rice, water salt and pepper. Simmer rice for 15 minutes and cover with foil for 25 minutes in a warm place.
2. Place cooked rice on a sheet pan and cool in the walk in
3. Once the rice has cooled mix in the cilantro, and place in a container for future use.
4. For service place rice in bouillon cup for 1 minute on high in your microwave.

Raspberry Marinade

Yield 2 Cups

- 6 oz Raspberry Innovations (*URM Item #42081-0*)
- 6 oz Soda Water (*URM Item # 1860-6*)
- 2 oz Worcestershire Sauce (*URM Item # 42097-6*)
- 1Tbls Garlic (*URM Item # 53391-9*)
- 1 tsp Salt (*URM Item # 44360-6*)
- 1 tsp Pepper (*URM Item # 42616-3*)

1. Combine all ingredients in a large mixing bowl and mix well.
2. In a gallon sized zip lock bag place 6ea/6oz portions of cod.
3. Let cod marinate for two hours, drain and the cod is ready to be cooked.



Mango Salsa

Yield 1.5 qt

- 1 lbs Mango, chopped (*URM Item # 53739-9*)
- 1 lbs Grape Tomatoes (*URM Item # 53626-8*)
- 8 oz Red Onion Diced (*URM Item # 53471-9*)
- 1 Bn Cilantro, Chopped (*URM Item # 53457-8*)
- 1 ea Jalapeno, Chopped (*URM Item # 53506-2*)
- 1ea Lime, Juiced (*URM Item # 53744-9*)
- 1 Tbls Garlic (*URM Item # 53391-9*)
- 1 Tbls Pomace Olive Oil (*URM Item # 42474-7*)

1. In a large mixing bowl combine all ingredients, label and date and place in the walk in.

Green Tea Jus

Yield 2 cups

- 3 pkt Green Tea, Steeped in hot water (*URM Item #57439-2*)
- 16 oz Hot Water
- 8 oz Innovations Mango Syrup (*URM Item # 42083-6*)

1. Steep the green tea in the hot water for 5 minutes, add the mango syrup.
2. Keep warm for service

Line Service Instructions

Directions:

1. Place the cod; show side down in a hot sauté pan. Sear until golden brown, flip it over and finish in the oven.
2. Warm the rice for one minute in the microwave, place in the center of the plate.
3. Place the cooked cod on top of the rice.
4. Place the mango salsa on top of the cod
5. Finish with the green tea mango jus and it is ready for service

**Chef's Notes

Do not leave the cod in the marinade for more than two hours.