



Playa Nicuesa Rainforest Lodge

Mango Zinger Ginger Fish Recipe – May, 2008

Introduction

The Golfo Dulce, and Southern Pacific of Costa Rica, is well known for its bountiful fishing. Marlin, Dorado (Mahi-Mahi), Tuna, Wahoo, Roosterfish and Red Snapper can be found readily. Thomas, the Nicuesa fishing guide, has caught red snapper up to 25 kilos in the waters around the lodge.

The name of this dish comes from the zesty flavor added to the fresh fish by our signature mango ginger salsa. At Nicuesa we serve it as part of this delicious recipe, or alone, with a side of rice or fried yucca and fresh steamed vegetables.



Ingredients:

Serves 5 people

- 5 filets of fish (red snapper or Mahi-Mahi)
- ½ cup of ginger finely chopped
- ½ cup of garlic finely chopped
- Salt, pepper and cumin to taste
- 2 tablespoons of butter
- ½ cup of olive oil

Preparation:

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Mix ginger, garlic, salt, pepper and cumin and rub mixture all over each filet. Heat butter and olive oil in a skillet and add fish filets. Cook until tender and golden.

Preparing the Mango Ginger Salsa

Approximately 12 servings. Leftover salsa can be stored in the refrigerator for future use.

- 3 slightly under-ripe mangoes (about 400g each)
- ¼ cup raisins or chopped, seeded dates
- ½ large white onion, chopped
- 1 large clove garlic, crushed
- 1 tablespoon grated ginger
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 1/8 teaspoon ground cloves
- ¼ teaspoon dried chili flakes
- ¾ teaspoons salt
- ¾ cups white sugar

- ¾ cups white wine vinegar

Chop mango flesh; discard seeds and skin. Combine mango and all remaining ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer for 1 hour or until very thick, stirring occasionally. Stir the mixture more often towards the end of cooking time so that the Salsa does not stick to the base of the pan.

A Few Notes About Mangoes

Green mangoes are just as flavorful, and edible, as ripe mangoes. A delightfully fresh, and healthy, summer snack in Costa Rica consists of sliced green mangoes in limejuice and salt. Locals slice the mangoes and put them in a plastic baggie, then squeeze a large slice of lime over the fruit and pour in about a teaspoon of salt. They close the bag and manipulate the mango slices around inside the mixture, then eat the slices right out of the baggie like chips!



Mangoes originated in foothills of the Himalayas of India and Burma. They have made their way to tropical climates around the world where they are easily cultivated.

Mangoes have digestive properties similar to that of the papaya. Mangoes also possess phenols and studies show that foods containing phenolic compounds have powerful antioxidant, anti-cancer, and anti-cardiovascular properties.

In the East it is said that the Buddha was gifted with a grove of mango trees where he could rest. Since the advent of that fable, the mango tree has been believed to be capable of granting wishes.

Playa Nicuesa Rainforest Lodge is an environmentally sensitive lodge set on a 165-acre private preserve in the undeveloped Pacific Coast of Southern Costa Rica. The ecolodge embraces conservation and harmony with the natural environment and caters to travelers interested in ecotourism, nature, adventure and sports. It is located within the Piedras Blancas National Park, and fronts the coastline of the Golfo Dulce. For information and reservations contact toll-free: **1-866-504-8116, email: reservations@nicuesalodge.com, or visit our website at www.nicuesalodge.com.**