MAHI MAHI AND BLACK BEAN CAKES WITH AVO-CILANTRO SAUCE

INGREDIENTS:

**AVO-CILANTRO SAUCE**
- 1 c sour cream
- 1 c fresh cilantro leaves
- 1 tbsp garlic powder
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1 large avocado, peeled and seeded
- Juice of 1 lime

**BLACK BEAN CAKES**
- 2 tbsp extra virgin olive oil, plus more for frying
- 1 small onion, diced
- 2 garlic cloves, minced
- 1/4 tsp ground cumin
- 1 small jalapeno, seeded, diced
- 2 15-ounce cans black beans, drained
- 1/2 c plain dry bread crumbs
- Salt and pepper
- 1 c all-purpose flour
- 2 large eggs, beaten

**MAHI MAHI**
- 4 (6-ounce) mahi mahi fillets
- Cajun seasoning
- Oil for frying

**GARNISH**
- Fresh cilantro, chopped
- Fresh corn kernels

PREPARATION:

**AVO-CILANTRO SAUCE**
Combine all ingredients in a food processor and process till smooth. Season with salt and pepper if needed.

**BLACK BEAN CAKES**
In a medium skillet, heat the 2 tablespoons of olive oil. Add the onion, garlic, jalapeno and cook over medium heat until softened. Scrape the onion mixture into the bowl of a food processor. Add 1 can of beans and pulse until the mixture is finely chopped but not a paste. Scrape the mixture into a medium bowl. Mix in the other can of beans, cumin and 1/2 cup of the bread crumbs and season with salt and pepper to taste. Form the mixture into 1/2 cup patties, about 1/2 inch thick. Put the flour, beaten eggs and the remaining 1/4 cup of bread crumbs into 3 separate shallow bowls. First, dust each black bean cake with the flour, then dip in the egg and then in the bread crumbs, pressing so that the bread crumbs stick.

In a large skillet, heat 1/4 inch of oil until very hot. Add the cakes and fry over high heat until golden brown, about 2 minutes per side. Drain on paper towels.

**MAHI MAHI**
Season both sides of the fillets with Cajun seasoning, patting it on with your hands. Heat enough oil to cover the bottom of a large skillet over high heat until very hot. Cook the fish until browned and crisp, about 3 minutes per side. Remove from the heat.

**TO SERVE**
Plate one black bean cake and top with desired amount of avo-cilantro sauce. Top that with your mahi mahi filet, then more sauce, then another black bean cake, then a little more sauce. Garnish entire plate with fresh chopped cilantro and fresh corn kernels.

- Recipe and photos by Heather Peterek, Staff Seafood Enthusiast