



Fresh. Simple. Sustainable.

**Mahi Mahi with Braised Brussels Sprouts and Feta Butter**  
**Barton Seaver, *For Cod and Country***

6 tablespoons butter  
1 small onion, diced  
2 cloves garlic, sliced  
1½ lbs brussels sprouts, stems trimmed and each cut in half lengthwise  
1 cup water  
Salt  
Four 5-ounce portions skinned mahi mahi fillet  
¼ cup crumbled feta cheese  
1 tablespoon chopped fresh flat-leaf parsley

Preheat the oven to 300°.

For the brussels sprouts, melt 2 tablespoons of the butter over high heat in a large sauté pan. Add the onion and garlic and cook for 1 minute. Add the brussels sprouts and toss to combine. Continue to cook over high heat until the sprouts begin to brown, about 5 minutes. Add the water and season generously with salt. Cover the pan and reduce the heat to medium.

Gently sear the mahi mahi fillets, skin side down, in a small, dry ovenproof sauté pan over medium heat until they just begin to color, about 5 minutes. Transfer the pan to the oven and bake until the fish is an even color throughout, about 8 minutes.

For the flavored butter, mix the feta cheese with the remaining 4 tablespoons butter and the parsley. Mash with a fork to combine, breaking up the feta as much as possible.

When the mahi is done, uncover the sprouts and turn the heat up to high. When the liquid remaining in the pan has reduced enough to just barely coat the sprouts, remove from the heat and toss.

Arrange the fillets and brussels sprouts on a platter, and put a dollop of the feta butter on each of the mahi fillets. Serve family style.

Serves 4

Note: Seaver often pairs the acidic bite of feta cheese with fish. In this recipe, sweet butter and the meaty taste of the sprouts mellow out the cheese. The feta butter also goes well with shrimp and salmon.

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