

Delaware Tropical Holiday RECIPES

COCONUT-CRUSTED COD WITH PINEAPPLE SALSA

Salad Course: Tropical Fruit Salad with Lime and Mint Dressing

Ingredients:

- 1 cup diced pineapple
- 1 cup diced mango
- 1 cup diced kiwi
- 1 cup diced strawberries
- 1/4 cup fresh mint leaves, chopped
- 2 tbsp lime juice
- 1 tbsp honey
- Pinch of salt

Instructions:

1. In a large bowl, combine the diced pineapple, mango, kiwi, and strawberries.
2. In a small bowl, whisk together the lime juice, honey, and salt.
3. Drizzle the dressing over the fruit and add the chopped mint. Toss gently to combine.
4. Serve in individual bowls or a large serving dish, garnished with additional mint leaves if desired.

Entree Course: Coconut-Crusted Cod with Pineapple Salsa

Ingredients:-

- 1 lb cod fillets
- 1 cup shredded coconut
- 1/2 cup panko breadcrumbs
- 1/4 cup all-purpose flour
- 2 eggs, beaten
- Salt and pepper to taste
- 2 tbsp vegetable oil for frying

Pineapple Salsa:

- 1 cup diced fresh pineapple
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1 tbsp lime juice
- Salt and pepper to taste

Instructions:

1. In a shallow dish, combine shredded coconut, panko breadcrumbs, salt, and pepper.
2. Set up a breading station with three shallow dishes: one with flour, one with beaten eggs, and one with the coconut mixture.
3. Dredge each cod fillet in flour, dip in the beaten eggs, and then coat with the coconut mixture.
4. Heat vegetable oil in a large skillet over medium heat. Fry the cod fillets for 3-4 minutes on each side, or until golden brown and cooked through.
5. For the pineapple salsa, combine diced pineapple, red onion, cilantro, lime juice, salt, and pepper in a bowl. Mix well.
6. Serve the coconut-crusted cod topped with pineapple salsa on a plate, garnished with lime wedges.

Dessert Course: Coconut Lime Sorbet

Ingredients:

- 1/2 cup jasmine rice
- 1 can (13.5 oz) coconut milk
- 1/2 cup sugar
- 1/4 cup lime juice
- Zest of 1 lime
- Pinch of salt

Instructions:

1. In a mixing bowl, whisk together coconut milk, sugar, lime juice, lime zest, and salt until the sugar is dissolved.
2. Pour the mixture into a shallow dish and freeze for about 2 hours.
3. Once partially frozen, scrape the mixture with a fork to create a fluffy texture. Return to the freezer for another hour.
4. Before serving, scrape the sorbet again to fluff it up. Serve in chilled bowls, garnished with lime slices.

WINE PAIRING: RESERVA FIN DEL MUNDO PATAGONIA SAUVIGNON BLANC

The Reserva Fin del Mundo Patagonia Sauvignon Blanc is an excellent pairing for this tropical-inspired meal featuring cod. This wine is known for its vibrant acidity and bright citrus notes, which complement the fresh flavors of the tropical fruit salad and the coconut crusted cod. The crispness of the Sauvignon Blanc enhances the lightness of the dish while balancing the richness of the coconut. Additionally, the wine's fruity character works harmoniously with the pineapple salsa and the refreshing coconut lime sorbet, making it a delightful accompaniment to the entire meal.

RESERVA FIN DEL MUNDO PATAGONIA SAUVIGNON BLANC WINE COCKTAILS

Patagonia Citrus Splash:

Combine with fresh lime juice, lemon soda, and mint leaves.

Serving Suggestion:

Serve in a tall glass with ice. Garnish with a lime slice and a sprig of mint.

Tropical Patagonia Fizz:

Mix with mango puree, coconut water, and a splash of lime.

Serving Suggestion:

Use a hurricane glass. Garnish with a slice of mango and a tropical flower.

Melon Patagonia Spritz:

Blend with watermelon juice, fresh basil, and tonic water.

Serving Suggestion:

Serve in a large wine glass. Garnish with a basil leaf and a watermelon slice.

Herbed Sauvignon Delight:

Combine with muddled mint, cucumber, and sparkling water.

Serving Suggestion:

Use a tall, elegant glass. Garnish with a cucumber ribbon and mint for a fresh appearance.