



ROYAL  
VOLUNTARY  
SERVICE

# BLACKENED MONK FISH AND GREEN MANGO SALAD

*with Mike Springer*

**SERVES 4**

## Equipment

- **Chopping board**
- **Chef's knife**
- **Mixing bowls (various sizes)**
- **Measuring cups and spoons**
- **Skillet (for frying fish and sautéing plantains)**
- **Baking sheet (for cassava crumb)**
- **Spatula (for flipping fish)**
- **Whisk (for mixing glaze)**
- **Saucepan (for making the glaze)**
- **Tongs (for handling banana leaves)**
- **Grater (for ginger)**
- **Peeler (for plantains)**
- **Large spoon (for tossing slaw)**
- **Serving platter or individual plates**



## **Ingredients**

### **For the Blackened King Fish:**

- **4 King Fish fillets (about 6 oz each) – use boneless Seabass, Cod or Pollock as alternative**
- **2 tbsp paprika**
- **1 tbsp cayenne pepper**
- **1 tbsp garlic powder**
- **1 tbsp onion powder**
- **1 tsp dried thyme**
- **1 tsp salt**
- **1 tsp black pepper**
- **Oil for frying**

### **For the Plantain and Cassava Crumb:**

- **1 ripe plantain, peeled and diced – use dried plantain, banana chips or desiccated coconut as alternatives or remove altogether**
- **1 cup cassava flour – use corn flour, polenta or plain flour as alternative**
- **1 tbsp olive oil**
- **Salt, to taste**

### **For the Green Mango Salad:**

- **1 green mango, julienned**
- **1 cup fresh pineapple, diced**
- **1 cup red cabbage, shredded**
- **1/4 cup cilantro (coriander), chopped**
- **Juice of 1 lime**
- **Salt and pepper, to taste**



**ROYAL  
VOLUNTARY  
SERVICE**

### **For the Rum Ginger Bajan Pepper Glaze:**

- **1/2 cup dark rum**
- **1/4 cup fresh ginger, grated**
- **2 tbsp Bajan pepper sauce (or to taste) – use chilli sauce, Tabasco or sweet chilli sauce as alternative**
- **2 tbsp brown sugar**
- **1/4 cup water**

### **For Serving:**

- **4 banana leaves, charred (optional)**



## Method

### 1. Prepare the Blackened King Fish:

- **Mix paprika, cayenne, garlic powder, onion powder, thyme, salt, and black pepper in a bowl.**
- **Rub the spice mixture evenly on both sides of the king fish fillets.**
- **Heat oil in a skillet over medium-high heat and cook the fillets for 3-4 minutes on each side until blackened and cooked through. Set aside.**

### 2. Make the Plantain and Cassava Crumb:

- **In a skillet, heat olive oil over medium heat.**
- **Add diced plantain and sauté until golden. Remove and let cool.**
- **In a bowl, mix sautéed plantain with cassava flour and salt. Spread on a baking sheet and bake at 375°F (190°C) for about 10-15 minutes, until crispy.**

### 3. Prepare the Green Mango Salad:

- **In a bowl, combine green mango, pineapple, red cabbage, cilantro, lime juice, salt, and pepper. Toss well and set aside.**



## Method

### 4. Make the Rum Ginger Bajan Pepper Glaze:

- In a saucepan, combine dark rum, grated ginger, Bajan pepper sauce, brown sugar, and water. Simmer over low heat until slightly thickened, about 10 minutes.

### 5. Assemble the dish:

- If using banana leaves, briefly char them over an open flame until pliable.
- Place the blackened fish on the banana leaves, top with plantain and cassava crumb, and serve with the green mango pineapple slaw on the side.
- Drizzle with the rum ginger glaze.
- Serve and enjoy!



ROYAL  
VOLUNTARY  
SERVICE

## OUR THANKS TO MIKE SPRINGER FOR THIS GUIDE.

To find out more about the Virtual Village Hall and other online sessions please visit [virtualvillagehall.royalvoluntaryservice.org.uk](https://virtualvillagehall.royalvoluntaryservice.org.uk).

Or to find out more about the Royal Voluntary Service go to [royalvoluntaryservice.org.uk](https://royalvoluntaryservice.org.uk).



Registered charity 1015988 (England and Wales) & SC038924 (Scotland).  
CS2665b\_0720

Supported by players of



Awarded funds from

