



**Seared Snapper with Mamey Sapote  
Chutney and Couscous, with  
Almonds, Mamey Sapote and Mint**  
By Chef/Consultant Michelle Bernstein  
Serves 4

**Ingredients:**

4 (6 ounce) filets of Snapper

**For the Chutney:**

1 habanero or Scotch bonnet chili, seeded and minced

1 cup apple cider vinegar

1 teaspoon salt

**Mamey Sapote/Longan**

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1½ cups brown sugar

4 mamey sapote, peeled & diced

2 small onions, finely chopped

1 tablespoon grated ginger

Juice of 1 lime

3 whole cloves

¼ teaspoon cinnamon

In a large, heavy bottom pot combine the peppers with the vinegar, salt, and sugar. Cook over medium heat until the sugar dissolves. Add remaining ingredients and bring to a boil. Simmer for 2 hours. Remove from heat, cover, and set aside for another 2 hours. Then, refrigerate overnight.

**For the Mamey Sapote Couscous:**

¼ cup olive oil

4 cups chopped onions

3 cups chicken broth

½ teaspoon ground cinnamon

2 cups couscous (about 12 ounces)

1/3 cup chopped fresh mint

1 cup small diced, peeled mamey sapote

½ cup slivered almonds, toasted

Heat oil in large, heavy pot over medium-high heat. Add onions and sauté until very tender and beginning to brown, about 15 minutes. Add broth and cinnamon and bring to boil. Mix in couscous. Cover pot; remove from heat. Let stand 15 minutes. Using a fork, fluff the couscous. Mix in mint, mamey and half of almonds. Season with salt and pepper to taste. Mound couscous in a bowl and sprinkle remaining almonds on top.

Season the snapper filet with salt and pepper. Heat 2 tablespoons of olive oil in a fry pan. Sauté the snapper in olive oil for 4 minutes on each side. Serve over the couscous with a teaspoon full of chutney on top of the fish.