



From Our Boats To Your Table!

Pompano with Tropical Barbecue Sauce

SERVES 4

Ingredients

- 1 cup Mango Nectar
- 1/4 cup apricot preserves
- 2 teaspoons grated lime rind
- 2 tablespoons fresh lime juice
- 3 tablespoons honey
- 2 teaspoons minced peeled fresh ginger
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1 jalapeño pepper, seeded and finely chopped
- 3/4 teaspoon salt, divided
- 1 1/2 pounds pompano
- 1/8 teaspoon freshly ground black pepper
- cooking spray

Directions

- Prepare grill or broiler
- Combine first 9 ingredients and 1/4 teaspoon salt in small saucepan; bring to a boil. Reduce heat, and simmer 18 minutes or until thick stirring often.
- Sprinkle fish with 1/2 teaspoon salt and pepper; place on grill rack or broiler pan coated with cooking spray, skin side up. Cook 5 minutes. Turn fish; brush with sauce. Cook 4 minutes or until fish flakes.