

# Sweet or Savory? Panko and Coconut Crusted Cod and Mango Salsa Recipes

*This post is part of a social shopper marketing insight campaign with Pollinate Media Group® and Del Monte, but all my opinions are my own. #pmedia #makemangosalsa <http://my-disclosur.es/OBsstV>. Here I'll share my Panko and Coconut Crusted Cod with two types of mango salsa recipes. One version will satisfy your party guests who love savory flavors, and the other will make your friends who love sweet flavors very happy.*



One of the challenges of hosting a wide array of party guests is finding recipes that will satisfy the different taste preferences of party goers. Isn't it nice when your main course or appetizer can remain unchanged but you can still keep guests happy by exchanging only the salsa?

Well, with my Panko and Coconut Crusted Cod and two mango salsa recipes, you'll have everything you need to satisfy both the sweet and savory preferences of your guests.

So now, you'll have two options to offer, and all you have to ask your friends is, "Would you like savory or sweet salsa with your dish?"



Would you like *Savory* or *Sweet*?

These salsa recipes are very easy to make and both include the perfect fruit to go with my panko and coconut breading - mango. Mango is a juicy, sweet, yellow-colored fruit and it mixes well with a variety of flavors. Walmart is hosting free samples of the **Del Monte Diced Mangos** at select store locations January 22-25, 2015. Be sure to stop by and get your free taste samples.

I picked up a few cans of the new **Del Monte Diced Mangos** at Walmart in the canned goods aisle. This type of fruit goes well with almost everything and lends itself to some delicious salsa recipes that are perfect for your next party. We're serving ours at a Superbowl Party, but these recipes are great for almost any family gathering, fun party, or event.

If you're hosting a **Fiesta style football party** you may also want to look into "The Book of Life" DVD (PG-13) for a little half time - or second half - entertainment. The DVD's will be available at Walmart on January 27, 2015.

## Savory 2-Minute Mango Salsa

I love the sweet juicy flavors of diced mangos combined with the crisp crunch of bell peppers. Toss it with store-bought salsa and voila' you have a savory 2-Minute Mango Salsa.



### Ingredients for Savory 2-Minute Mango Salsa

- 2 - Large Bell Peppers - any color
- 1 - Can of Del Monte Diced Mangos
- 1 - Small Jar of Salsa - any flavor - pick your favorite.

### Directions to create Savory 2-Minute Mango Salsa

1. Wash bell peppers thoroughly. Dice bell peppers into small chunks.
2. Mix all ingredients together in a glass mixing bowl.
3. Dish up Savory 2-Minute Mango Salsa into smaller serving bowls like ramekins and place near other foods to make it easy for guests to add the savory salsa to their plate. Place a serving spoon nearby to make it easy for guest to scoop up some salsa.

## Sweet 5-Minute Mango Salsa

My personal preference is sweet. So I love combining the sweet flavors of mango and strawberries with the crunchy crisp flavor of cucumber.



### **Ingredients for Sweet 5-Minute Mango Salsa**

- 2 - Medium Sized Cucumbers
- 1 - Can of Del Monte Diced Mangos
- 10-12 Medium to Large sized Strawberries

### **Directions to create Sweet 5-Minute Mango Salsa**

1. Wash cucumbers and strawberries thoroughly. Dice cucumbers and strawberries into small chunks.
2. Mix all ingredients together in a glass mixing bowl.
3. Dish up Sweet 5-Minute Mango Salsa into smaller serving bowls like ramekins and place near other foods to make it easy for guests to add the sweet salsa to their plate. Place a serving spoon nearby to make it easy for guest to scoop up some salsa.

If you are attending a party, you can easily serve these mango salsas with chips. But since I'm hosting a party, I'm offering it as a topping for my **Panko and Coconut Crusted Cod Recipe**.



## **Panko and Coconut Crusted Cod Recipe**

Now, I recommend cod for this particular recipe because cod holds together even when its handled repeatedly. To batter this fish, you'll need to roll it, fry it, potentially keep it warm before guests arrive, and then plate it. Not all fish varieties can stand up to this type of movement, so for this dish, I recommend cod. Plus, it tastes delicious with the mango and sweet and savory flavors.

Panko is a Japanese style breadcrumb. It's thicker and heartier than normal breadcrumbs but you can usually find it next to the breadcrumbs in grocery stores. Since it's a coarser breadcrumb, it goes perfectly with shredded coconut.

If you prefer chicken, you can also create this recipe with chicken instead of fish. You can prepare it as pictured here - just be sure to check the internal temperature of the chicken to test for doneness. You'll need to reach 165 degrees at the center part of your chicken to make sure its ready.

I created a fun, short video (30 seconds) to share how I pulled together an awesome party appetizer with a touch of football flare for our Superbowl Party.

[It's sweet versus savory with panko and coconut crusted cod fish and two mango salsas! Don't miss this perfect party food! #makemangosalsa #PMedia #ad #partyfood #footballparty @deidreemme #flipagram made with @flipagram. See full video at flipagram.com/monica.pruett](#)

A video posted by Happy and Blessed Home.com (@handbhcom) on Jan 17, 2015 at 8:48pm PST

## Panko and Coconut Crusted Cod Recipe



### Ingredients for Panko and Coconut Crusted Cod Recipe

- 4 - Cod Fish Fillets
- 2 - Cups Flour
- 2 - Eggs
- 1 1/2 Cup Panko Breadcrumbs
- 1 Cup Shredded Coconut
- 1 Teaspoon salt or garlic salt
- 1 Stick of butter for frying (*you might only use a portion of the stick*)
- Vegetable oil is optional*

## Directions to create the Panko and Coconut Crusted Cod Recipe

Pan frying food can be a little tricky. Thinner pans will heat faster and can burn food more easily. Thicker pans may be less likely to burn food, but may require longer cooking times. All times listed are estimates and are based upon my personal experience with my pan, stovetop and oven. Especially when it comes to fish, make sure to keep a close watch to ensure even cooking and to prevent burning any food.

1. **Step 1** - Heat butter in a pan slowly. Make sure to only brown and not burn your butter. To extend the heat your butter can withstand, you can add a little cooking oil - no more than a tablespoon if you want to preserve a buttery taste (*start with only a teaspoon*). I start out in a low heat and turn the heat up to medium high just before I add the fish to the pan.



2. **Step 2** - Set out three bowls to batter your fish. In the first bowl you'll place your 2 cups of flour.

3. **Step 3** - In the second bowl, break open your eggs and scramble them to a creamy yellow.

4. **Step 4** - In the third bowl, combine your panko, coconut and seasoning. I used garlic salt, but you can use plain salt here. Season it to your taste preferences. If you prefer a sweeter flavor to your breading, add more coconut. If you prefer a more savory flavor, add more panko.

5. **Step 5** - Wash fish fillets thoroughly.

6. **Step 6** - Cut fish fillets into thick strips parallel to the ribs of the fish. You can see the hunks of fish I created in these photos. They were 3-4 inches in length and about one-and-a-

half inches thick. Sizes will vary. Now is a good time to turn the heat up to medium high and have a frying pan ready with melted butter.

7. **Step 7** - Roll fish in the flour first (bowl 1). Handle this fish carefully. It's heartier than some other fish varieties, but you will still need be careful during handling.



8. **Step 8** - Roll the fish in the egg (bowl 2).

9. **Step 9** - Roll the fish in the coconut and panko mixture (bowl 3) and coat it completely.



**10. Step 10** - Fry the fish in the pan approx. 4 -5 minutes on each side for a total of 16-20 minutes. You want to brown it to a crisp brown panko and coconut coated exterior. If you are unsure, use a thermometer to take the internal temperature of the fish. Make sure the internal temp reaches 165 degrees to ensure it's ready.



As the fish cooks if you notice that all your butter has been soaked up by the fish, just add more butter. You want an even coat of butter and browned panko and coconut on every side.



11. **Step 11** - You can keep these fish strips warm in the oven until guests arrive and then plate the food. You can use a small spatula with nylon coated tongs to gently plate the fish. I like to serve these on an appetizer platter with a ramekin of the salsa right on the plate. I drizzled some salsa over the top of the fish and will place appetizer plates within easy reach of guests. I recommend having servings tongs and small spoons near the appetizer plates so guests can help themselves to the fish and additional servings of mango-infused salsa.



12. **Step 12** - Creating a football-themed party scape is easy with a few themed extras. I found a football field tablecloth and some penalty flags in red and yellow at Walmart. If there is a flag on the play ask your guests to take a time-out and sample your Panko and Coconut Crusted Cod and Mango Salsa Recipes. Do they like sweet or savory? Chart their responses and at the end of the game you'll have a winner!



I paired the sweet mango salsa with the red penalty flag and the savory mango salsa with the yellow penalty flag. I think it made for a fun party display!



My husband absolutely loves this dish and I plan to make it a regular meal in our home. It makes a great party appetizer or main course for dinner. I hope these recipe ideas inspire HappyandBlessedHome.com readers. The crisp buttery flavor of the fried coconut and panko pairs wonderfully with the sweet and savory flavors of the mango salsas. The best part was that I was able to satisfy my preference for sweet flavors and my husband loved the savory. Even our four-and-half year old devoured this dish. It's a new family favorite everyone will love!



# More Party Planning Ideas

If you'd like even more game day ideas check out my [FREE 40 Point Football Party Planner](#) or visit [Del Monte on Pinterest](#) for even more Game Day party food ideas. And if you're planning a football party with Del Monte contact them at:

- Facebook: @delmonte
- Twitter: @delmonte
- Instagram: @delmonte
- Pinterest: @delmontebrand

## So what's your favorite? Sweet or Savory?

So what type of salsa so you enjoy most? Sweet or savory? What's your favorite dish to serve up alongside a little Salsa? Leave a comment below and join the conversation. I always love hearing from my readers!

*Monica*

[Blog](#) / [Facebook](#) / [Pinterest](#) / [Twitter](#) / [Google +](#) / [Bloglovin'](#) / [Instagram](#)

P.S. – I blog to encourage moms, offer free preschool tools, and share ideas for family fun. **If you enjoy free recipes, printables, crafts and games for little ones, ideas for family fun and encouraging posts for moms, sign up and have Happy and Blessed Home delivered to your inbox. Simply follow this link: [Subscribe Here](#) and enter your e-mail to subscribe.**

Thanks for being a fan!