

Pescado al Mojo de Ajo & Mexican Tomato Rice with Vegetables (serves 4)

Ingredients for Pescado:

- Four 10-12 oz. fish like bass, catfish, snapper or rock cod (I used wild cod)
- Freshly squeezed lime juice
- A pinch of salt
- 3 tbsp butter
- 3 tbsp vegetable oil
- 10 cloves of garlic, thinly sliced
- 1/2 cup flour
- 1 tbsp fresh lime juice
- 2 tbsp chopped parsley

Rinse the fish. With a sharp knife, make 2 diagonal slashes on both sides of each piece. Sprinkle them lightly, inside and out, with lime juice and salt and place them in a ceramic dish. Cover with plastic wrap and refrigerate 1 hour.

Heat the butter and oil in a large (12 inch) skillet over medium-low heat, add the garlic and cook very slowly, stirring frequently, until the garlic has turned golden (3-4 minutes). Scrape into a strainer set over a bowl and let the fat drain through, then return it to the pan and set the garlic aside.

Spread the flour on a plate and sprinkle in some salt. Rinse the fish, then pad dry with paper towels. Return the skillet to medium heat and, when hot, dredge the fish in the flour, shake off the excess and lay in the pan. Fry until golden and done (4-5 minutes each side). Remove fish to a large serving plate and keep warm in a low oven.

With the skillet off the fire, add the reserved garlic, lime juice and chopped parsley. Return the pan to medium heat and stir constantly (1 minute), until the lime juice has mostly evaporated and the parsley has wilted. Taste for salt. Spoon sauce over the fish and serve.

Ingredients for Rice:

- 1.5 tbsp vegetable oil
- 1 cup long or medium grained rice
- 1 small onion, finely chopped
- 1 clove garlic, finely diced
- 1 ripe medium tomato, roasted and peeled OR 15 oz. can of tomatoes, drained
- 1.5 cups vegetable broth
- 1 tsp salt
- 1 cup peas
- 1 large carrot, diced
- Fresh cilantro or parsley

40 minutes before serving, measure the oil into a 2-quart saucepan set over medium heat. Add the uncooked rice and onion, and cook, stirring regularly, until both are lightly browned (7-10 minutes). Mix in the garlic and cook a minute longer.

While the rice is frying, prepare the tomato: seed it (optional) and puree in a blender or food processor. Pour the broth into a small pan, add the salt and bring just to a simmer. Add the broth and tomato to the browned rice and stir, scraping down the sides of the pot. Cover and reduce the heat to medium-

low. Cook 15 minutes, then turn off the heat and let stand covered (5-10 minutes) until the grains are tender.

While the rice is cooking, simmer the peas until tender (4-20 minutes) then drain and set aside. If using frozen peas, only defrost them. Separately, simmer the carrot 5-8 minutes, drain and add to the peas. When the rice is tender, add the vegetables and fluff with a fork to separate the grains. Serve in a warm serving dish and garnish with cilantro or parsley.