



Yucatan Fish Cakes

(Yields 6 Fish Cakes)

Ingredients

1 large baking potato, peeled and cubed into 1" pieces
1/2 lb. cooked white fish (see Yucatan Baked Grouper recipe below)
3 T red onion, minced
1 tsp. garlic
1 tsp. Mexican chili powder
1/2 tsp. ground cumin
2 T fresh cilantro, washed and chopped
1 egg, beaten
Salt and pepper, to taste
1 pinch cayenne pepper, optional
3 T vegetable oil

Preparation

Bring salted water to a boil and cook the potato pieces for five to six minutes, until half cooked. Drain and cool. Break cooked fish into bite-sized pieces, removing any bones and skin. Grate the potatoes into a large mixing bowl and add the fish, onion, garlic, chili powder, cumin, fresh cilantro and egg. Season with salt, pepper and cayenne. Press mixture into six even-sized patties. Refrigerate for at least one hour.

Heat oil in a skillet over medium heat and gently lay the fish patties into the hot skillet. Cook the patties for about 5 minutes on each side, until golden brown on the outside and heated through. Drain on a paper towel.

Yucatan Baked Grouper

Ingredients

2 T achiote paste, buy this at a Mexican specialty market or online
1 clove garlic, peeled and chopped
½ tsp. dry oregano
¼ C olive oil
2 T orange juice
1 ½ lbs fresh fish filet, preferably grouper, but sea bass or halibut can be substituted
More olive oil for searing.



Preparation

Combine all ingredients, except fish, in a large plastic bag and mix well. Add the fish filet and cover with rub on all sides. Place in the refrigerator for 1 hour.

When ready to cook, preheat oven to 400 degrees F. Heat an ovenproof heavy skillet or pan (we prefer Le Creuset) on the stove top with a little olive oil to coat the bottom. When very hot, place the fish, flesh side down in the pan. Sear until golden brown with a slight crispy crust. Flip on other side (skin side if still on) and sear again for a few minutes. Place the entire pan with fish in the preheated oven. Cook until done (10 to 20 minutes). (This will vary depending on thickness of the fish. Our 1" thick grouper filet was in the oven for 15 minutes.)

KO's Pico de Gallo

Ingredients

6 Roma Tomatoes (not too ripe), diced 1/2 bunch cilantro, stems removed and chopped fine 1/2 red onion, diced 2 jalapenos, seeds and veins removed, diced fine Juice of 2 to 3 limes, about 1/4 cup Salt and pepper to taste

Preparation

Combine all ingredients in a glass bowl. Cover and let stand at room temperature for at least an hour prior to serving. Serve with corn tortilla chips for dipping.

Bob's Chipotle Tartar Sauce

Ingredients

1 1/2 C mayonaise
6 cornichons, chopped
2 tsp. cornichon juice
1 tsp. dried dill
2 T sweet pickle relish
2 T capers
1 small shallot, chopped
2 chipotle peppers in adobo sauce

Preparation

Add all ingredients to a food processor. Blend until completely incorporated. Add salt and pepper to taste and blend a few more seconds to incorporate.



Caribbean Black Beans

Ingredients

1 T olive oil
½ medium onion, diced small
2 garlic cloves, peeled and diced
1/8 tsp. crushed red pepper flake (or more)
2 cans black beans, strained from juice and rinsed
½ can beer
Salt and pepper, to taste

Preparation

Heat oil in a skillet on medium heat and add the onion. Saute for 5 minutes until softened, then add the garlic and continue to cook or 3 more minutes. Add the remaining ingredients and simmer for 10 minutes. Season with salt and pepper, to taste.