



Josefina Velazquez de Leon's Fish Fillet in Orange-Tomato Sauce

Recipe from Josefina Velazquez de Leon

Comments from Kirsten West

This recipe is fast and easy to make, its taste is fresh and delicious and the fish will be fork tender. The tomato-orange based sauce is what makes this dish special.

Read about Josefina in my blog "A Culinary Phoenix". Serves 4.

INGREDIENTS

600 gr: (1 ½ pounds)	Fish fillet such as tilapia, red snapper or salmon,
1 cup	orange juice (about 2-3 large oranges)
300 gr: (4 medium)	potatoes, peeled and cooked
350 gr: (2-3 medium)	tomatoes, roasted and peeled
3 tablespoons	vegetable oil
200 gr: (1 medium)	onion, sliced ¼ inch thick
2 cloves	garlic, peeled and finely chopped
2	chile jalapeños, pickled (canned) cut into thin strips, no seeds
	salt to taste
	parsley sprigs (optional)

DIRECTIONS

Place the clean fish fillet in a glass dish and cover with the orange juice and salt (one scant ½ teaspoon). Refrigerate covered for 2 hours.

About ½ hour before the fish has finished marinating, place the peeled whole potatoes in water or a vegetable steamer and cook until tender.

Line the bottom of a dry (not oiled) frying pan with a sheet of aluminum foil and place the whole tomatoes on the foil, roasting them over medium heat, turning them for even roasting. When soft and evenly charred, remove peel (it comes off easily) place them, including any accumulated juices, in a blender and purée. Set aside.

Heat the oil in a 12- inch frying pan and sauté the sliced onions and chopped garlic until translucent. Do not let them brown. Pour the tomato purée through a strainer into the pan and add the orange juice from the marinated fish. Cook and reduce the sauce until it almost has the consistency of a creamed soup. Add salt to taste. Gently layer the fillets into the pan. Cover the pan and cook over medium to low heat until the fish is done. Depending on the type of fish and its size, you will need to check for doneness. Fillets should be almost firm to the touch but not hard or flaking apart.

While the fish is cooking, slice the potatoes ¼ inch thick. Sprinkle with some salt.

To serve: Place the fish fillet and the potatoes on your plate. Spoon the sauce and onions over the fish and around the potatoes. Garnish with the jalapeño strips, a curl of orange peel or a small slice and a sprig of parsley ¡Buen provecho!



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