

FISH ZARANDEA'O

DIFFICULTY LEVEL:  Medium

REQUIRES ASSISTANCE:  Yes

PORTIONS 



INGREDIENTS

- 30 g of sweet peppers blanched 3 times
- 60 g peeled ginger
- 15 g coriander
 - ½ l of water
 - 150 g toasted bread
- 200 g canned chipotle chili (1 can, optional)
- 300 g mayonnaise
- 150 g mustard
- 100 g fresh coriander
- Salt and pepper to taste
- Lemon
- Fresh fish

METHOD

- 1 Boil the sweet pepper, ginger and coriander in a pot until the pepper is soft. Reserve with all the liquid.
- 2 Blend the sweet pepper, ginger, culantro, fresh cilantro, toasted bread and chipotle (optional).
- 3 Use the cooking liquid to thin the mixture if necessary.
- 4 In a separate bowl, mix the mayonnaise and mustard, add the pepper base (optional) and finish with fresh lemon.
- 5 Sear the fish on both sides in a frying pan.
- 6 To finish, spread plenty of sauce on the fish, place it on a tray and finish cooking it in the oven at 240°C until the sauce is browned and the fish is cooked through. The fish is ready when it flakes easily when pressed with a spatula.

Blanching: A brief method of cooking where food is placed in boiling water for a few seconds or minutes, depending on the type of food.

Searing: Browning a piece of meat at high temperatures and then cooking it further in the oven, for example. Searing the meat gives it a crispy crust.

13

