



Seviche de Camarones
con Mango y Habanero
(Shrimp Seviche with
Mango and Habanero)

that latin touch

Fiery peppers, bright citrus, and cool avocado lend exotic flavors to fresh seafood.

let's dispel a common misconception. While it's true that some Latin American dishes are fiery, it's flavor—not just heat—that makes a great dish.

With that understanding in mind, Matthew Lake of Besito restaurant in Huntington, New York, created his refreshing shrimp seviche recipe. Says the chef, “You start with the basics—marinated fish in fresh lime juice—but then mix it with modern ingredients like

fruit purees.” A habanero chile factors in, but not for firepower: “The amount you need is small, and the flavor is intense,” Matthew says, recommending using any chile sparingly. (For more tips on cooking with chiles, turn to page 183.) “It's an American adaptation to be bigger and hotter,” he adds.

His hearty Pescado Veracruzana puts a Spanish spin on another classic coastal Mexican dish with the addition

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of olives and capers to the traditional roasted tomatoes, peppers, and cilantro.

Matthew also developed the recipe for Pescado con Aguacate Enchipotlado (Fish with Chipotle Avocado), which gets a flavor boost from two accompanying sauces. "Avocado adds richness but won't overpower," he says. "It allows me to use a little more chipotle for flavor because the avocado keeps the heat of the pepper in check."

Heat or no heat, a cool beverage is in order. While Matthew believes a good margarita goes with anything, he does offer a few other suggestions. With these dishes, he recommends a nice beer and a side of tequila. If you prefer wine, pour a Viognier or a crisp Sauvignon Blanc.

Seviche de Camarones con Mango y Habanero (Shrimp Seviche with Mango and Habanero)

- 3 tomatoes, cored and halved
- 2 garlic cloves, halved
- 1/2 habanero chile, seeded
- 1/2 pound small shrimp, steamed and peeled
- 1 cup diced mango
- 1/2 cup diced jicama
- 1/3 cup chopped fresh cilantro
- 1/4 cup minced red onion
- 1 teaspoon extra-virgin olive oil
- Salt
- Avocado slices
- Corn tortilla chips

Place tomatoes, garlic, and habanero, cut-side down, on a foil-lined baking sheet. Broil 20 minutes or until skins are blistered. Cool and remove skins.

Combine shrimp, mango, jicama, cilantro, and red onion in a medium bowl.

Place tomatoes, garlic, and habanero in a blender, and process until smooth. Add tomato mixture to shrimp mixture; stir to combine. Stir in olive oil. Salt to taste, cover, and chill at least 30 minutes before serving. Top with avocado slices, and serve with tortilla chips. Makes 3 cups.

Pescado con Aguacate Enchipotlado (Fish with Chipotle Avocado)

- 4 (8-ounce) firm white fish fillets
- Salt
- Freshly ground black pepper
- 1/2 cup flour
- 2 tablespoons vegetable oil
- Avocado-Roasted Corn Pico de Gallo
- Chipotle-Avocado Salsa

Sprinkle fish with salt and pepper. Dredge in flour, shaking off excess.

Pescado con Aguacate Enchipotlado
(Fish with Chipotle Avocado)



Sauté fillets in vegetable oil 3 to 5 minutes on each side or until lightly browned. Serve with Avocado–Roasted Corn Pico de Gallo and Chipotle–Avocado Salsa. Makes 4 servings.

Avocado–Roasted Corn Pico de Gallo

- 1 ear corn
- Olive oil
- 1 cup diced tomatoes
- 1 tablespoon diced white onion
- ¼ cup fresh lime juice
- 1 avocado, diced
- Salt

Brush corn with oil. Grill over medium-high heat 10 minutes, turning occasionally, until crisp-tender. Cool and remove kernels.

Combine corn, tomatoes, and onion. Stir in lime juice, and gently fold in diced avocado. Salt to taste. Makes 2 cups.

Chipotle–Avocado Salsa

- 12 tomatillos, husks removed
- 6 garlic cloves, peeled
- 1 to 3 teaspoons minced chipotle pepper in adobo sauce
- 1 ripe avocado, coarsely chopped
- Salt

Roast tomatillos and garlic on a baking sheet at 500° for 15 to 20 minutes or until lightly browned on all sides.

Puree tomatillos, garlic, and chipotle in a blender. Add avocado, and puree until smooth. Salt to taste. Makes 2 cups.

**Pescado Veracruzana
(Snapper Veracruz)**

- 1 tablespoon olive oil
- 4 (6-ounce) yellowtail snapper fillets with skin
- Salt and cracked black pepper
- Veracruzana Salsa

Recipe continues on page 182.

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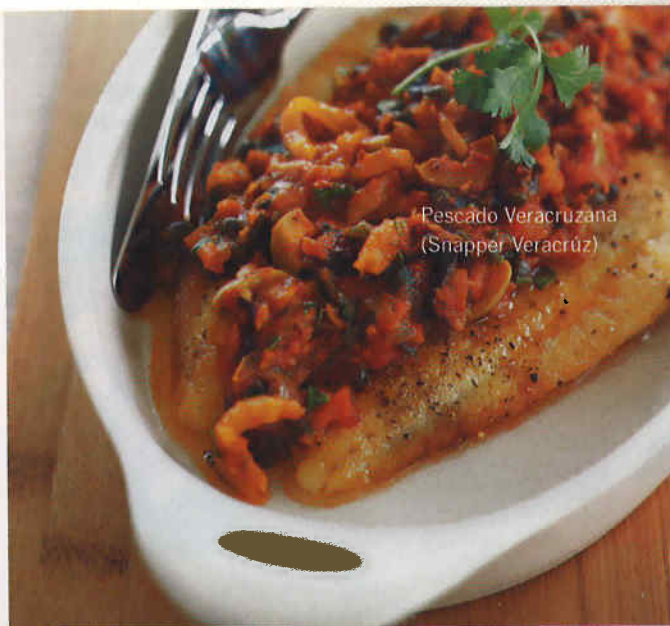
Heat oil in a large cast-iron or ovenproof skillet over medium-high heat. Sprinkle fish with salt and pepper. Place fish, flesh-side down, in skillet, and sauté 1 minute on each side or until golden brown. Cover fish evenly with Veracruzana Salsa.

Bake at 400° for 5 to 7 minutes or until fish flakes easily when tested with a fork. Serve immediately. Makes 4 servings.

Veracruzana Salsa

- 2 pounds tomatoes, cored and halved
- 2 red bell peppers, seeded and halved
- 2 yellow bell peppers, seeded and halved
- 2 poblano chiles, seeded and halved
- 2 tablespoons olive oil
- 1 cup chopped white onion
- 3 tablespoons minced garlic
- 2 bay leaves
- 1/4 cup white vinegar
- 1/3 cup chopped fresh cilantro
- 1/3 cup chopped fresh parsley
- 1/2 cup capers, rinsed and drained
- 1 cup pitted olives, sliced

Place first 4 ingredients, cut-sides down, on a foil-lined baking sheet. Broil 20 minutes or until skins are blistered. Cool and remove skins. Cut yellow bell peppers and poblano chiles in strips; set aside.



Pescado Veracruzana
(Snapper Veracruz)

Place oil in a large nonstick skillet over medium-high heat. Add onion and garlic, and sauté 5 minutes or until onion is tender.

Place tomatoes and red bell peppers in a food processor or blender, and process until smooth. Stir tomato mixture into sautéed onions. Reduce heat to low, and simmer 30 minutes. Stir in yellow bell pepper and poblano chile strips, bay leaves, and remaining ingredients. Simmer 15 minutes or until mixture is thick. Makes 4½ cups.

For tips on working with chiles, turn to page 183.

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chile chat

From mild to incendiary, chiles add a punch of flavor to any food. Here are a few things to keep in mind when cooking with chili peppers.

- **generally**, the smaller the pepper, the spicier it will be. Color, on the other hand, doesn't necessarily indicate heat.

- **capsaicin**—what makes a pepper hot—concentrates in the ribs and seeds. Remove these and the peppers lose some of their kick.

- **savvy foodies** recommend wearing gloves when chopping chili peppers. If you don't have any, or find them awkward to use, slice the pepper in half and hold the stem. Scoop out the ribs and seeds with a small spoon. The rest of the pepper should be OK to touch, but to be on the safe side, handle only the waxy exterior.

- **ever wonder** why your dining partner remains calm while you weep into your salsa? Capsaicin isn't evenly distributed through the flesh of the pepper, so your bite really may be hotter.

- **cool your mouth** with a dairy product such as milk, sour cream, or yogurt. Casein, the protein in dairy, helps break the bond of the capsaicin to your tender tongue. Alcohol (think ice-cold beer or margaritas) also cools the burn. Water only disperses the heat. 🍷

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