Fish Vera Cruz

Recipe courtesy of The Fish House

Show: FoodNation with Bobby Flay **Episode:** Cruisin' the Keys, FL



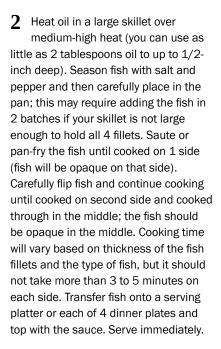
Level: Easy
Total: 50 min
Prep: 30 min
Cook: 20 min
Yield: 4 servings

Ingredients:

12 tomatoes, chopped
6 jalapeno peppers, chopped
1/2 tablespoon dried oregano
1/2 tablespoon garlic salt
1/2 Spanish onion, chopped
1/2 bunch cilantro leaves, chopped
Vegetable oil, for frying
4 individual fish fillets of your choice
Salt and pepper

Directions:

1 In a medium saucepan, boil the tomatoes, jalapenos, oregano, and garlic salt for about 8 minutes, or until tomatoes have cooked down to a liquid. Remove from heat and let cool slightly. *Transfer to a blender and puree until smooth. Return sauce to pan, add chopped onion and cilantro, and stir well. Heat through and keep warm until ready to serve.





This recipe was provided by a chef, restaurant or culinary professional. It has not been tested for home use.

When blending hot liquid, first let it cool for five minutes or so, then transfer it to a blender, filling only halfway. Put the lid on, leaving one corner open. Cover the lid with a kitchen towel to catch splatters, and pulse until smooth.

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