

Veracruz Grilled Fish Recipe

Serves 2

Marinade Ingredients:

2 cloves garlic, minced
1 sprig fresh oregano, leaves only minced
1 sprig parsley, leaves only minced
Juice of ½ lime
1 tbsp extra virgin olive oil
Sea salt, to taste
Black pepper, to taste
1 whole snapper (1 ½ - 2 lbs.), scaled and gutted

Veracruz Sauce Ingredients:

2 tbsp extra virgin olive oil
1 yellow onion, chopped
1 jalapeno, sliced
3 cloves garlic, sliced
2 large tomatoes, chopped
Juice of ½ lime
1 sprig oregano, leaves chopped
1 sprig parsley, leaves chopped
1 bay leaf
¼ cup green olives, such as manzanillas, pitted and chopped
1 tbsp capers
Black pepper, to taste
¼ bunch cilantro, chopped

Garnish Ingredients:

1 lime, cut into wedges
Corn tortillas

Directions:

Heat up a grill to medium heat.

Score the fish 2-3 times on each side, down to the bone. Whisk together all the ingredients for the marinade and cover the entire fish, inside and out with it. Let sit for a minimum of 10 minutes and up to 30 minutes in the refrigerator. While the fish is marinating, start the sauce.

In a saucepan over medium high heat, add the olive oil, onion and jalapeno and cook for 5 minutes. Add the garlic, tomatoes, lime juice, oregano, parsley, bay leaf, olives and capers. Season the sauce with black pepper. Cook until the tomatoes just start to break down, about 10 minutes.

While the sauce is cooking, grill the fish on a well-oiled grill for about 7-8 minutes per side. Wrap the tortillas in foil and place on the grill for the last few minutes to heat.

When the sauce is done, remove from the heat, adjust the seasoning with salt and pepper if necessary and add the cilantro.

Serve the fish whole on a platter, topped with the sauce and garnished with lime wedges and warm corn tortillas.