

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Sofrito Fish

Cuba comes to life in this quick dish. Fried sofrito makes this dish special. You can adjust the zest to suit your taste...

3 Tbsp light olive oil

½ tsp chile oil

2 Tbsp minced garlic

¼ cup diced yellow onion

¼ cup diced Fresno chiles

¼ cup diced green bell pepper

3 Tbsp tomato paste

1 cup water, hot tap

2 tsp Tabasco

kosher salt and black pepper

¼ tsp pinch ground cumin

½ cup diced tomatoes

2 Tbsp capers, drained

1 Tbsp chopped cilantro

2 Tbsp light olive oil

4 white fish fillets (4 oz ea)

Place a deep skillet over medium-high heat and add the oils. Add garlic, onion, chiles and bell pepper. Sauté with stirring until the veggies lose their raw appearance; don't over-cook! Add tomato paste, water, Tabasco, cumin, salt and pepper. Bring quickly to a boil, then reduce the heat and simmer for 4-5 minutes. Using a stick blender, process the veggie mix a bit. Don't take out all the chunkiness! Stir in tomatoes, capers and cilantro. Set aside to cool a bit while you fix the fish.

Heat olive oil in a low skillet over medium-high heat. Place the fillets in the oil, then reduce the heat to medium. Fry the fish for 2-3 minutes per side, until just done through. Drain, then plate with sofrito and your favorite sides, like salad, steamed veggies or rice.

Yield: Four servings

Preparation time: 15 minutes

Cooking time: 20 minutes

