

Portion size: 1 Serving

Cod en Adobo with Guacamole Chamacuero

Spicy and Smoky marinade with Guajillo and chipotle chiles

Yield: 6 servings

1-1/2 each	Dried Whole Chipotle Pepper	1-1/2 tsp	Oregano, Dried, Crushed
3 each	Dried Guajillo Chili Peppers	1/2 cup	White Vinegar
1 cup	Hot Water	2 Tbsp	Granulated Sugar
1-1/2 tsp	Cumin Seeds	1/2 tsp	Kosher Salt
1-1/2 tsp	Canola Oil	1/4 tsp	Ground Black Pepper
1/2 each	Onions, Fresh, Quartered	1 lb, 8 oz	Fish, Cod, Fillet, Fresh
2-1/2 each	Garlic Cloves, Peeled, Whole		



Wipe down each of the chilies. Remove the stem and seeds. Dry toast in a hot pan until chilies start to blister but not burn. Add to hot water and soak chilies for 15 minutes.

Dry toast cumin seed in a pan over medium heat until fragrant, cool, grind and set aside. In a sauté pan, heat canola oil. Add quarters of onions and whole garlic cloves. Lightly brown the onions without burning. Pour onion/garlic mix into a blender. Add oregano, vinegar, sugar, salt, pepper, toasted ground cumin, chilies and water, and blend until very smooth. Allow to cool.

Divide the marinade in half. Half of the marinade will be used for the fish and half will be heated to drizzle on the cooked fish. Marinate fish in the refrigerator for 30 to 60 minutes. Longer marinating time will make the fish mushy.

Chef's Notes: Dry roasting whole spices maximizes the flavor of the spice. Already ground spices can be substituted by ½ amount of seeds called for in the recipe.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
158.4	21.6	11	2.7	48.6	224	0.3	2.4