

Episode 5: **Pescado y Vegetales en papel de aluminio y Lechon Asado** *(Foil Wrapped Fish & Vegetables and Roasted Pork)*

PESCADO Y VEGETALES EN PAPEL DE ALUMINIO *(Foil Wrapped Fish & Vegetables)*

Ingredients:

- 3 tablespoons olive oil
- 2 medium red onions, sliced
- 1 pound medium red potatoes, scrubbed and cut into 1/4-inch-thick slices
- 2 Tilapia filets
- 1/4 cup "mojo criollo" (*citrus garlic marinade*) plus extra for serving if desired
- 1 pound ripe tomatoes, sliced
- Sea salt and freshly ground black pepper to taste
- Lime wedges for garnish

Instructions:

1. Preheat the oven (or grill) to 400 degrees.
2. In a large sauté pan, heat 1 tablespoon of the olive oil over medium-high heat. When oil is hot, add the onions, stirring to coat, and season with salt and pepper. Cook for 8 to 12 minutes, stirring occasionally, until golden.
Let cool.
3. Stack two pieces of aluminium foil that are large enough to wrap the fish in on top of one another. Fold up the sides of the foil so that it resembles a little boat. Pour the remaining 2 tablespoons olive oil into the boat and spread it over the bottom. Lay the potatoes in the boat in one layer, and season with salt and pepper.
4. Season filets with salt and pepper. Spoon the mojo on top of the fish. Lay the tomatoes on top of it and spoon the rest of the mojo on them. Spoon on the caramelized onions.
5. Fold the foil over to enclose the fish, crimping the edges to seal and set on a baking sheet.
6. Roast the fish for about 15 minutes, or until cooked through.

Cedar Plank Grilled Vegetables:

No recipe here- just fresh vegetables with minimal oil, indirect heat and smoky flavor. Demonstrated here using, zucchini, squash, and peppers...

LECHON ASADO (*Roasted Pork*)

serves 10-12

Ingredients:

- "mojo criollo"- citrus garlic marinade
- 2 cups lime juice and 2 cup orange juice
- 1 tablespoon ground cumin
- 2 tablespoons dried or fresh oregano
- 2 heads garlic, roughly chopped
- 3 tablespoons salt
- 1 tablespoon black pepper
- 2 onions, cut into rings
- Pork:
 - **TRADITIONAL**- 6 to 8 pounds boneless pork shoulder butt
 - **HEALTHIER**- 4 pork tenderloins

Marinate the pork:

1. Mix all marinade ingredients in a bowl and let sit for 10 minutes.
2. Use a long, thin knife to create deep gashes all over the flesh and pour the marinade over the pork.
3. Place the marinated pork in a deep bowl or container. Generously season the outside of the pork with salt and pour the remaining marinade all over it, spreading the onion rings all over the top.
4. Cover well with plastic wrap and refrigerate for at least 1 hour or up to 24 hours.
5. After removing pork, **BOIL** the remaining marinade for basting

Grill the pork:

1. Before heating your grill, remove the pork from the refrigerator and bring to room temperature.
2. Grill your meat until it reaches an internal temperature of 150°F on the grill (it will continue to cook when it's off the heat, raising the internal temperature to the desired 160°F). The meat will no longer be pink in the middle.