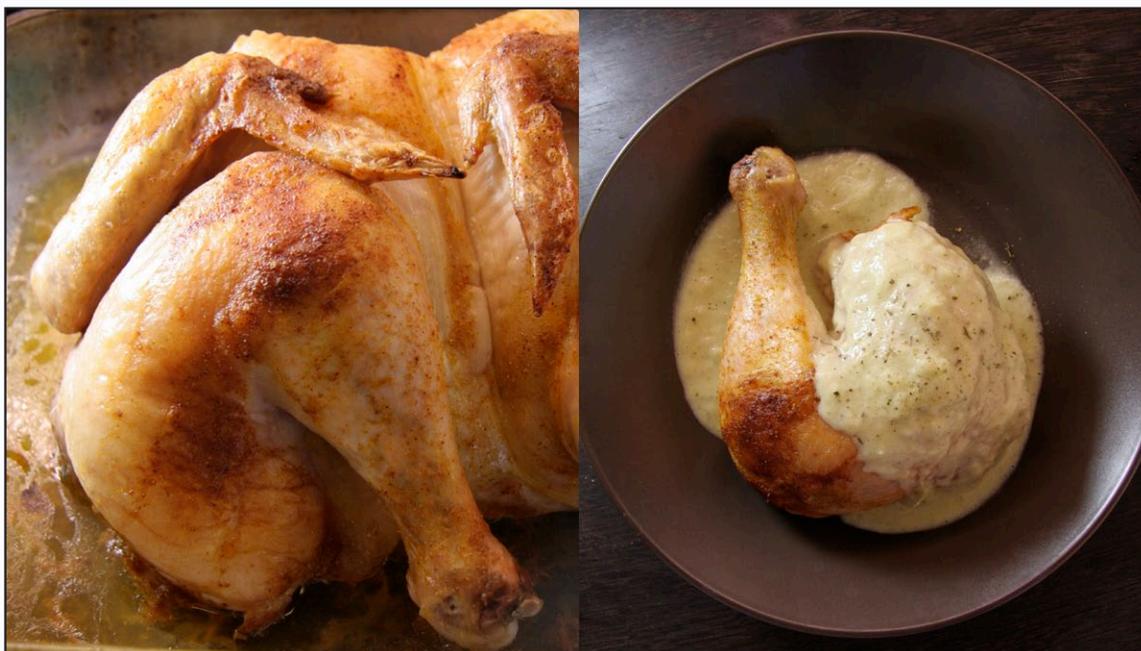


“BEYOND THE SEA AND SOUTH OF THE BORDER”

This week's recipes feature sea-inspired food as well as Mexican-inspired flavors...all very familiar to us Southern California residents! You don't have to live here to enjoy these flavors, though! I really enjoyed this week's sauce recipes, like the “Creamy Salsa Verde” with a roasted chicken as well as the sauce I made for the shrimp tacos. Yummy!



ROASTED CHICKEN WITH CREAMY SALSA VERDE



SOOOO YUMMY SHRIMP TACOS



BEEF AND VEGETABLE RELLEÑOS CASSEROLE



CRISPY CRUSTED SALMON WITH ROASTED TOMATOES AND CREAMY SPINACH SAUCE



GINGER CINNAMON SHORTBREAD WITH MAPLE PEACH COMPOTE

CRISPY CRUSTED SALMON WITH ROASTED TOMATOES AND CREAMY SPINACH SAUCE

Total Time: 25 minutes

Ingredients:

Salmon filets
12-20 cherry tomatoes
extra virgin olive oil
salt and pepper
¼ cup dry breadcrumbs
1 shallot, finely chopped
½ cup dry white wine
4 cups spinach leaves
2 tablespoons butter
2-4 tablespoons crème fraiche or sour cream

Preheat oven to 500°F.

Place salmon and tomatoes in a large baking dish and coat with oil, salt and pepper, and breadcrumbs. Place in oven for 8-12 minutes, turning tomatoes every few minutes, until fish is cooked with a golden crust and tomatoes are roasted and caramelized.

Meanwhile, bring shallots and wine to a simmer in a large saucepan. Add spinach and cover until spinach is wilted and liquid is almost evaporated. Stir in butter and crème fraiche, then season with salt and pepper to serve. Serve as a base for salmon and tomatoes.

SOOOO YUMMY SHRIMP TACOS

Total Time: 25 minutes (*not including time to make homemade tortillas*)

Ingredients:

Homemade Tortillas, from this week's recipes
1 pound raw wild shrimp, peeled and de-veined
Homemade Seasoned Salt, from this (*and last*) week's recipes, or store-bought
¼ cup butter
2 cups cheese, grated
2 cups lettuce, thinly chopped
For Taco Sauce:
1 cup sour cream
2 tablespoons ketchup (*such as Easy Lacto-Fermented Ketchup from this week's recipes*)
juice of 1 lime
1 avocado, cut into small cubes
1 teaspoon Homemade Seasoned Salt

Coat shrimp with seasoned salt and sauté in butter until pink and curled. Set out taco ingredients, then prepare sauce.

For sauce, place all ingredients in a small mixing bowl and mix using a fork to mash avocado, until sauce is smooth. Season, if needed.

Assemble tacos by spreading sauce on tortillas then piling shrimp, cheese and lettuce, as desired.

EASY LACTO-FERMENTED KETCHUP

Total Time: 5 minutes, plus 2-4 days

Ingredients:

2 cups organic ketchup
2-4 tablespoons whey, made from separated raw milk or yogurt
2 teaspoons sea salt

Whisk ingredients until evenly mixed in a small bowl. Transfer to an airtight container, cover and leave at room temperature for 2-4 days. Keep in refrigerator for several weeks or months.

ROASTED CHICKEN WITH CREAMY SALSA VERDE

Total Time: 1 hour, 15 minutes

**Tomatillos are widely available in most grocery stores or Latin markets. If you can't find tomatillos, use green tomatoes or very firm tomatoes.*

Ingredients:

1 roasting chicken
extra virgin olive oil
Homemade Seasoned Salt, from this week's recipes,
or store-bought
1 onion, roughly chopped
4 cloves of garlic
6-8 tomatillos, roughly chopped
1 handful of cilantro leaves
1 cup sour cream
salt and pepper

Preheat oven to 425°F.

Using sharp kitchen shears, cut along the side of the chicken's backbone to separate. Jab the end of the shears about ½ inch from the top of the breast bone to cut a ½ inch slit. Place chicken, breast side up, in a large baking dish and firmly press to flatten. Coat with olive oil and seasoned salt. Place in oven for 15-20 minutes, then reduce heat to 365°F for about 45 minutes, until chicken is golden brown and fully cooked (*juices run clear when sliced*).

Meanwhile, bring a stockpot of water to a rolling boil and season with a small handful of salt. Boil onion, garlic and tomatillos for 5 minutes, until slightly softened. Use a slotted spoon to transfer vegetables to a blender. Add cilantro to vegetables, then puree until smooth. Add sour cream and puree again until smooth. Season as needed with salt and pepper, then serve liberally over pieces of roasted chicken.

BEEF AND VEGETABLE RELLENOS CASSEROLE

Total Time: 45 minutes

Ingredients:

Extra virgin olive oil
1 onion, chopped
2 bell peppers, seeded and chopped
2 tomatoes, chopped
2 cloves of garlic, minced
salt and pepper
1 pound ground beef
¼ cup butter
4 eggs
1 cup milk
¼ cup all-purpose flour
½ cup masa harina flour (*or all-purpose flour if unavailable*)
1-1½ cups cheese, grated
avocado, sour cream, leftover salsa verde or shrimp taco sauce (*optional, for garnish*)

Preheat oven to 375°F.

Heat oil in a large saucepan and sauté onion and bell pepper until soft and beginning to brown. Add tomatoes and garlic, season with salt and pepper, and sauté for an additional five minutes. Remove from heat and stir in butter. Spread mixture evenly in a baking dish.

Meanwhile, whisk eggs, milk, flour, 1 teaspoon of salt, and cheese in a mixing bowl. Pour batter over meat and vegetable mixture. Bake for 20-25 minutes, until crust is beginning to brown. Let cool, then serve with optional garnishes.

GINGER CINNAMON SHORTBREAD WITH MAPLE PEACH COMPOTE

Total Time: 30 minutes

Ingredients:

FOR SHORTBREAD:

¾ cup of butter, at room temperature
¾ cup sugar
1 teaspoon vanilla extract
3 ½ cups all-purpose flour
dash of salt
2 teaspoons cinnamon
2-4 teaspoons freshly grated ginger, or 1 teaspoon dry ginger powder

FOR COMPOTE:

¼ cup butter
6-8 peaches, sliced (*seed stone removed*)
2-4 tablespoons maple syrup
1 teaspoon cinnamon

Using an electric mixer, beat butter and sugar until light and fluffy. Beat in vanilla, then slowly add flour, cinnamon and ginger until just mixed. Spread a layer of plastic wrap or parchment paper on a flat surface and transfer cookie dough onto the plastic or paper. Shape dough into a disk, then cover and place in refrigerator for at least 30 minutes.

Preheat oven to 350°F.

Place chilled dough back on a flat surface and roll into a ½-inch thick disk. Use cookie cutters to create shaped cookies or slice dough disk into wedges like a pizza. Bake for 20-25 minutes, until the edges just begin to brown. Let cool while making the compote.

Heat butter over medium heat in a large saucepan and sauté peaches until softened. Stir syrup and cinnamon into mixture and let syrup bubble for 30 second, then stir to evenly mix caramel and coat peaches. Serve compote with shortbread cookies.

HOMEMADE TORTILLAS

A tortilla make is used for this recipe, but you may just roll dough as thinly as possible into a disk and bake on a flat pan over the stove for 1-3 minutes per side. You may also have a simple tortilla press to flatten dough, then bake in a pan on the stove.

Makes 10-12 tortillas

Ingredients:

1/3 cup masa harina
1 2/3 cup all purpose or sprouted all purpose flour
2 tablespoons butter
3 tablespoons lard
¾ tablespoon salt
¾ cup very warm water

Place all ingredients except water in a food processor and pulse until a course crumb forms. Slowly add water while pulsing until a ball of dough forms. Transfer dough to a floured surface and roll into a 3-inch round log.

Heat tortilla press. Slice 1-inch disks from roll of dough. Use hands to press and flatten disk and cook with tortilla press according to manufacturer's instructions (*or on a skillet- see note above*). Serve tortillas immediately, or store in an airtight container for a few days.

HOMEMADE SEASONED SALT

Ingredients:

¼ cup salt
1 tablespoon sweet paprika
2 teaspoons onion powder
2 teaspoons garlic powder

Mix ingredients and store in an airtight container.