

CAFE THOMPSON RECIPE

VERACRUZ POLLOCK WITH CAULIFLOWER STEW

Veracruz Pollock is a traditional Mexican dish, Pescado a la Veracruzana (Veracruz-style fish), using mild, flaky pollock fillets as the primary protein. Originating from the coastal state of Veracruz, Mexico, this classic dish beautifully blends spices with Spanish culinary influences.

SERVES 6



INGREDIENTS

- 2 pounds, 3 ounces Alaskan pollock fillets
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1 teaspoon cilantro
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 tablespoons extra-virgin olive oil
- 1 large cauliflower, small florets
- 1/2 cup onion, diced
- 4 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 cup tomatoes, diced
- 1/2 cup kalamata olives
- 1 tablespoon parsley, chopped
- 1/4 cup white wine

DIRECTIONS

In a bowl, season the pollock with the paprika, cumin, cilantro, salt and black pepper. Heat a pan and add the oil. Sear the pollock on both sides for 4 minutes and set aside. In the same pan, add the cauliflower, onion, garlic, pepper, tomato and olives, and deglaze with the white wine. Cook for 2 minutes, add the pollock and cook for 5 to 8 minutes. Add the parsley for garnish.

Side dishes

Baked Spaghetti Squash
Sautéed Kale

