



SPOTLIGHT RECIPE

STEW SEAFOOD

This dish comes from many regions. However, this one comes from Raymundo, who is from Sonora. His family would take whatever seafood or meat they had and simmer it in a tomato sauce and serve it in a molcajete that was piping hot. Served with homemade tortillas.

SERVES 10

INGREDIENTS

- 10 tomatoes, Roma
- 4 chile de arbol
- 1 onion
- 4 garlic cloves
- 1 teaspoon salt
- 2 teaspoons olive oil
- 2 pounds shrimp
- 2 pounds bay scallop
- 2 pounds cod or snapper
- 2 pounds octopus
- 1 bunch basil

DIRECTIONS

In a saucepot, toss the tomatoes, chile, onion, garlic, salt and oil together and roast over an open flame 10 minutes, until blistered. Once blistered, place into a blender and blend until smooth. Return the sauce to the saucepot and add the protein (seafood), and simmer until cooked through or until the internal temperature reaches 145 F. Top with the basil.

Side dishes

Tortillas
Cilantro Lime Rice

