

Yucatan Smokey Alaska Cod Tostaditos



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4

Ingredients:

Tostadito

Heirloom corn tostadas – 4 each (fry corn tortillas flat to order @ 350 degrees or purchase)

Cod pieces - 8 each (1 ½ - 2 oz pieces), cut into approximately 1” x 3” strips

Miso ancho chile glaze (see below)

Olive oil – 2 tsp

Avocado smash – 1 cup (see below)

Sesame aioli – 2 tbsp (see below)

Escabeche “giardiniera” – ½ cup (see below)

Arugula – ½ oz

Sesame seeds, toasted – 2 – 3 tsp

Lemon wedge, garnish – 2 each

Avocado Smash

Avocado – 1 each

Olive oil – 2 tsp

Kosher salt – ½ tsp

Black pepper, finely freshly ground 1/8 tsp

Lemon wedge, squeezed – 1 each

Sesame Tahini Aioli

Mayonnaise – 1/3 cup

Tahini, sesame paste – 3 tbsp

Sesame oil – 2 tsp

Lime, zested and juiced – 1 each

Rice vinegar, unsweetened - 1 tsp

Tamari or soy sauce – 1 tsp

Escabeche "Giardiniera"

White wine vinegar – 2 fl. Oz

Red onions, diced 3/8" – 3 oz

Celery, diced 3/8" – 4 oz

Pepperoncini, 1/8" rings

Capers, drained – 2 tbsp

Fresno chile pepper, sliced 1/8" rings– 1 each (remove seeds to make mild)

Serrano chile pepper, sliced 1/8" rings – 2 each (remove seeds to make mild)

Water – 12 fl. Oz

Olive oil – 3 fl. Oz

White wine vinegar – 14 fl. Oz

Kosher salt – 1 ¼ tbsp

Fresh garlic cloves, crushed – 8 each

Bay leaf – 1 each

Dried oregano – 1 tbsp

Fennel seed, crushed – 1 tsp

Carrot, diced 3/8" – 6 oz

Cauliflower, 3/8" florettes / pieces - 8 oz

Fennel bulb, diced 3/8" – 3 oz

Red / yellow bell pepper, diced 3/8" – 4 oz

Miso Ancho Chili Glaze

Miso, white – 3 tbsp

Ancho chile powder – 1 ½ tbsp

Brown sugar, light – 1 tbsp

Rice vinegar, unsweetened – 1 tbsp

Mirin – 1 tbsp

Tamari or soy sauce – 2 tbsp

Description:

Step 1: Prepare Miso Ancho Chili Glaze

Combine white miso, ancho chile powder, light brown sugar, rice vinegar, mirin and tamari. Reserve. May be made 2-3 days in advance.

Step 2: Prepare Escabeche Giardiniera

Place 2oz portion of white wine vinegar in a large bowl with the diced red onions and mix to combine. Allow to marinate for 15 minutes until the onions become very bright in color. Add diced celery, sliced pepperoncini, capers, sliced fresno and serrano chile peppers to the onions and mix to combine. Meanwhile, in an 8-quart saucepan, bring water, olive oil, 14oz white wine vinegar, kosher salt, crushed peeled garlic, bay leaf, dried oregano and crushed whole fennel seed to a simmer and cook for 5 - 6 minutes, add the dice carrots and cook for approximately 3 minutes. Remove pot from the heat and add the cauliflower florettes, diced fennel and diced bell pepper. Cool vegetables with the cooking liquid for about 20 – 25 minutes and then pour the spices and marinated onions (with their liquid) to the vegetable mix and combine. Cool completely, mix well. Reserve. If escabeche is to large, the vegetable mixture may be rough chopped slightly. May be made 2-3 days in advance, last for 1 – 2 weeks.

Step 3: Mix Sesame Tahini Aioli

Combine mayonnaise, tahini paste, sesame oil, lime zested and juiced, rice vinegar, tamari or soy sauce, mix together with a whisk, ensuring no lumps and smooth. Place into a squeeze bottle and refrigerate for 1 hour, reserve. May be made a day in advance.

Step 4: Prepare Avocado Smash

Place ripe avocado in a small mixing bowl, add olive oil, kosher salt, black pepper and lemon juice from a wedge. Using a masher, gently break up avocado and mix all ingredients together. Reserve.

Step 5: Prepare Cod

Warm or heat corn tortilla tostadas ensuring they are crispy. On a small tray, rub and glaze the cod pieces with the miso ancho glaze. Heat a small non-stick 10” – 12” sauté pan with olive oil, evenly place the fish around the pan and cook over medium to high heat until a light golden-brown color is achieved, cover with a lid and turn off the heat. The fish will carry over cook.

While cod is cooking, spread avocado smash evenly over tostada. Then place the 2 pieces of miso ancho cod, glazed side up on avocado. Evenly distribute 1 ½ - 2 tbsp of escabeche over the top, followed by the arugula, a drizzle of sesame aioli and the sesame seeds. Garnish with lemon wedges. Enjoy!