

Tropical Spiced Fish *in Banana Leaves*

BY CHEF ADRIANA URBINA

SERVES 4

INGREDIENTS → 1 Tropical Spiced Fish in Banana Leaves
Seasoning Card:

- 1 tsp (2 pods) Green Pepper
- 1 tsp (2 pods) Coriander Powder
- 1 tsp (2 pods) Ginger
- 1 tsp (2 pods) Saffron Powder

FRESH

- 3 garlic cloves
- ¼ cup cilantro
- 3 scallions
- 1 jalapeño
- 4 5oz white fish fillets, without skin or bone; we recommend snapper or striped bass
- 6 plantain or banana leaves, large enough to cut into 14-inch x 10-inch pieces

PANTRY

- 1 ½ tsp kosher salt
- ¼ cup passion fruit juice
- 1 Tbsp extra virgin olive oil

SERVE WITH →

- 1 cup Adriana's Lulo Aioli
- Hearty Yam and Plantain Dumplings

RECIPE SEASONING CARDS
BY CHEF ADRIANA URBINA
AVAILABLE AT EATOCCO.COM

SUBSTITUTIONS → **FRESH HERBS:** We strongly recommend using fresh herbs for this recipe, but if you want to avoid buying bunches of cilantro and scallions for a single recipe (we've been there!), you can substitute with dried herbs. As a rule, you can substitute 1 Tbsp fresh herbs for 1 tsp dried herbs. In this case, sub 4 tsp of dried cilantro for the ¼ cup fresh cilantro, and 2 tsp of dried chives for the 3 chopped scallions.

PLANTAIN OR BANANA

LEAVES: The banana or plantain leaves help in cooking the fish, and also lend a wonderfully special flavor so we recommend making the effort to find them. Check out Amazon or a local Latin American market in your area if you can't find them in your regular grocery store. In a pinch, you can substitute with fresh corn husks. Or if you're ok with a milder flavor, simple parchment paper will create the steamy environment the fish needs to cook.

INSTRUCTIONS

1. PREP: Finely chop the garlic, cilantro, and bottom 6 inches of the scallions. De-seed the jalepeño and finely chop. You can reserve them all in the same small bowl.

2. MARINATE THE FISH: place the fillets in a large bowl and season with 2 Green Pepper pods and salt. Add the passion fruit juice, garlic, cilantro, scallions, jalepeño, oil, and remaining spice pods – 2 Coriander Powder pods, 2 Ginger pods, and 2 Saffron Powder pods. Rub the mix into the fish. Let the fish sit for 20 minutes in the refrigerator to marinate.

3. WRAP THE FISH: Place the plantain or banana leaves on a clean surface and cut into 14-inch x 10-inch pieces. For each fish, place the cut leaf with the short side facing you. Snip a long thin strip from one side of each leaf before you start folding – you'll use this piece to tie the final wrapped package closed. Place a fish fillet in the middle of the leaf and fold in the short sides, then the long sides, completely wrapping the fish like a tight tamale. Secure the wrapping with the string piece. Repeat with the remaining fillets.

4. COOK THE FISH: Heat the oven to broil. Place the wrapped packages on an oven tray or skillet, about three inches from the heat source, and broil for 4 minutes on each side. The time might vary depending how thick the fish is – the thicker the fish, the longer you should broil, but do not exceed 6 minutes. The plantain leaves should char a bit during cooking (this imparts a delicious flavor to the fish, hence the recommendation to make the effort to find the leaves!).

5. PLATE YOUR DISH: Open the plantain packages and top each fish with a generous dollop of Lulo Aioli. Serve with a side of Hearty Plantain Dumplings and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, "FOOD COMA." OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*