

FOOD

The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: www.foods@portlandobserver.com.



Salsa, avocados, cilantro and fresh hot tortilla chips! Delicious as an appetizer or a light lunch.

Tortilla Soup Recipe (Serves 4)

1. If you are starting with somewhat old, dried out tortillas, great. If not and you are starting with relatively fresh tortillas, put them on a baking sheet and put them in the oven at 200°F for 10-15 minutes to dry them out a bit. It is best to start with tortillas that don't have a lot of moisture in them. Cut tortillas in half; cut halves into 1/4-inch strips. In 3-quart saucepan, heat oil over medium-high heat. Fry strips in oil, 1/3 at a time, until light brown and crisp. Remove from pan; drain on paper towels. Reserve.

2. Heat oil remaining in saucepan over medium-high heat. Cook onion in oil 2 minutes, stirring frequently. Add garlic and chili; cook 2 to 3 minutes, stirring frequently, until vegetables are crisp-tender. Stir in broth, tomatoes and salt. Heat to boiling. Reduce heat; cover and simmer 15 minutes. Add chicken; heat until hot.

3. Serve, peel and pit the avocado. Cut into 1-inch slices. Divide half of tortilla strips among 4 individual serving bowls; ladle in soup. Top with avocado and cheese; garnish with remaining tortilla strips and cilantro. Serve with lime wedges.

Ingredients

- 1 medium Anaheim, poblano or jalapeno chili, seeded, veins removed, chopped (Depending on the hotness and flavor desired. Or you can mix chilies - 1 Anaheim and 1/2 a jalapeno.)
- (6-inch) corn tortillas, preferably a little old and dried out
- 1/4 cup grape seed oil, peanut oil, or canola oil
- 1 small onion, chopped (1/2 cup)
- 2 cloves garlic, finely chopped
- 4 cups chicken broth or homemade chicken stock
- 1 can (14.5 oz) diced tomatoes, do not drained (recommended Muir Glen fire-roasted)
- 1/2 teaspoon coarse salt (kosher or sea salt)
- 1 1/2 cups shredded cooked chicken
- 1 ripe medium avocado
- 1/2 cup shredded Monterey Jack cheese (2 oz) (or other mild, melting cheese)
- Chopped fresh cilantro
- 1 lime, cut into wedges



Wasabi will be the new family favorite for a delicious dinner

Wasabi-Glazed Whitefish (Makes 4)

Ingredients

- 2 tablespoons light soy sauce
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon sugar
- 1/4 teaspoon wasabi powder or 1 tablespoon prepared horseradish
- 4 4-ounce fresh skinless whitefish, sea bass, or orange roughy fillets, 1-inch thick
- 1 medium zucchini, coarsely shredded (about 1-1/3 cups)
- 1 cup sliced radishes
- 1 cup fresh pea pods
- 2 tablespoons snipped fresh chives
- 3 tablespoons rice vinegar

Directions

1. Combine soy sauce, 1/2 teaspoon of the sesame oil, 1/4 teaspoon of the sugar, and the wasabi powder. Rinse fish; pat dry with paper towels. Brush both sides of fish with soy mixture.

2. Lightly grease the rack of a gas grill. Preheat grill. Reduce heat to medium. Place fish on the grill rack directly over heat, tucking under any thin edges. Cover and grill for 8 to 12 minutes or until fish just flakes easily when tested with a fork, gently turning once halfway through grilling.

3. Meanwhile, for slaw, in a medium bowl combine the zucchini, radishes, pea pods, and chives. Stir together vinegar, the remaining sesame oil, and the remaining sugar. Drizzle over the zucchini mixture; toss to coat. Serve the fish with slaw. Makes 4 servings.

To cook fish on a charcoal grill, grill fish directly over medium coals for 8 to 12 minutes or until fish just flakes easily when tested with a fork, gently turning once halfway through grilling. Serve as above.

Prep: 15 min.
Grill: 8 min.

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