

**FISH**

Continued from Page B1

Lopez calls Veracruz “the Italy of Mexico,” in part because of the region’s use of tomato in its cooking, and something that gives her pibil a twist. Instead of pairing vinegar with citrus for a multilayered acidity, she subs in tomato.

“I love the flavor that the char imparts and it gives the dish sweetness and fruitiness along with that acidity and helps with the texture of the sauce.”

Banana leaves offer more than their sensual properties — “an almost herbal, fruity scent,” says Lopez — but gentle insulation from the oven’s searing heat. You’ll find them fresh at many local Asian and Latin markets around the city, “but you can also buy them in the frozen section, too,” says Lopez, who has spied them at Publix on occasion.

“It’s just as good as fresh. You thaw it in the fridge, roll them out and you’re good to go. They’ll be a little wet, but that’s good because it will help steam it — plus it won’t catch on fire.”

Neither will your taste buds. Though puerco pibil and habaneros are best friends, Lopez’s lighter version doesn’t push the heat level.

“This sauce is very flavorful, but approachable. I want to make sure the fish sings, that its flavor really comes through. At the end

*“This sauce is very flavorful, but approachable. I want to make sure the fish sings, that its flavor really comes through. At the end of the day, we want all the ingredients to be known and tasted.”*

— Chef/Partner Wendy Lopez, Reyes Mezcaleria

of the day, we want all the ingredients to be known and tasted.”

On the table, the dish is paired with simple accompaniments: pickled onions, cilantro and rice. Feel free to serve tortillas alongside, as well. There’s no such thing as double carbing in Mexico.

“A tortilla never feels like a carb. It’s a spoon,” jokes Lopez. “Tortillas are silverware!”

**WHOLE FISH PIBIL**

One whole 2-3-pound fish of your choice. Ask your fishmonger to scale and gut it. You may also use filets.

**For sauce**

- 2 Roma tomatoes, split
- 1/2 white onion
- 3 cloves garlic
- 10 dried guajillo chiles, destemmed and deseeded
- 2 ounces achiote paste
- 1 cup orange juice
- 1/2 cup fresh lime juice
- 1/2 cup fresh lemon juice
- 2 bay leaves
- 1 sprig oregano
- 1/4 cup honey
- Salt to taste

**Directions for sauce**

Place tomatoes and onion in cast-iron pan over medium-high heat for 3-6 minutes or until charred, adding garlic for last minute or two.

Remove from heat and all other ingredients except honey. Cook ingredients for 15-20 minutes until reduced by half.

Turn off heat and stir in honey. Allow to cool a little.

Place mixture in blender and blend until smooth. Allow to cool.

Season fish of choice with salt and pepper, both sides for filets or inside and out for whole fish. Score exterior (see photo).

Using some of sauce mixture as marinade, coat fish on both sides/inside and out.

Wrap fish in banana leaves and bake in 400-degree Fahrenheit oven for 15 minutes or until internal temperature reaches 135 degrees. With caution, unwrap leaves and add more of sauce mixture. Return fish to oven for 2-4 minutes to achieve a crust.

Serve with pickled onions and cilantro as a garnish, along with a side of your favorite rice and tortillas.

**CHICKEN**

Continued from Page B1

When you’re ready to cook, add the cornstarch to the bowl with chicken, a few tablespoons at a time. Stir to coat the chicken, until all the pieces are covered with cornstarch.

Place the chicken pieces into your air fryer basket (or tray), without overlapping. Spray oil onto the chicken until there’s no dry cornstarch on the surface.

Set air fryer to 350 degrees. Place chicken in air fryer for 10 minutes. (You may have to do this in batches depending on the size of your fryer.) Take out the chicken, flip and spray with oil again.

Raise the temperature to 400 degrees and cook until the chicken turns golden brown, 5 minutes or so. Transfer all the chicken pieces to a big bowl. Sprinkle about half of the spice mix over the chicken and gently toss it with a pair of tongs. Taste the chicken. Add more spice mix if needed.

Add the sliced basil to the chicken, garnish with chili pepper and serve with lemon wedges on the side, if using. Serve hot as an appetizer or over steamed rice as an entree.

Serves 4.

— Omnivorescookbook.com

**NUTRITION**

Serving: 1 serving



Gretchen McKay/Pittsburgh Post-Gazette  
**Air-fryer chicken cooks up crispy on the outside and tender on the inside.**

Calories: 318 kcal, Carbohydrates: 17.4 g, Protein: 33.2 g, Fat: 11.9 g, Saturated Fat: 3 g, Cholesterol: 101 mg, Sodium: 682 mg, Potassium: 311 mg, Fiber: 0.6 g, Sugar: 0.8 g, Calcium: 28 mg, Iron: 2 mg



**MICHAEL**  
541-786-8463

M. Curtiss PN-7077A CCB# 183649

**A CERTIFIED MASTER ARBORIST**



**Come Check Out Our New Location & New Menu!**

**TAP THAT GROWLERS**

*New Family Friendly Location!*

**New Menu!**  
Bar Bites, Wood Stone Pizza and More!

MON-TUES CLOSED  
WED-SAT 11-9 • SUN 11-7

1106 Adams Avenue Suite 100 • 541 663-9010 • tapthatgrowlers.com

**Are Your Feet Ready to Camp?**  
We specialize in quality medical and surgical care for all types of foot and ankle problems!

**GRANITE VIEW Foot & Ankle**

Travis T. Hampton, D.P.M.  
Foot and Ankle Surgeon

541-963-0265  
888-843-9090  
www.GVfoot.com

LaGrande 1408 N Hall Street  
Enterprise 601 Medical Parkway  
Baker 3175 Pochontas Rd.

Published by The Observer & Baker City Herald - Serving Wallowa, Union and Baker Counties

# CLASSIFIEDS

PLACING YOUR AD IS EASY...Union, Wallowa, and Baker Counties

Phone La Grande - 541-963-3161 • Baker City - 541-523-3673

On-Line: [www.lagrandeobserver.com](http://www.lagrandeobserver.com)  
[www.bakercityherald.com](http://www.bakercityherald.com)

Email: [Classifieds@lagrandeobserver.com](mailto:Classifieds@lagrandeobserver.com)  
[Classifieds@bakercityherald.com](mailto:Classifieds@bakercityherald.com)

**DEADLINES:**  
**LINE ADS:**  
Tuesday: 10:30am Monday  
Thursday: 10:30 am Wednesday  
Saturday: 10:30 am Friday  
**DISPLAY ADS:**  
2 Days Prior to Publication Date

VISA MasterCard

TUESDAY, JULY 19, 2022

## CROSSWORD PUZZLER

**ACROSS**

- 1 Spiciness
- 5 Slangy courage
- 9 Lively dance
- 12 Cats do it
- 13 Calcutta nanny
- 14 Flightless bird
- 15 Beech or oak
- 16 Hindu princess
- 17 Cool — cucumber
- 18 Like winter roads
- 20 Snake toxin
- 22 Masked swordsman
- 25 Wild guess
- 27 Fiesta cheer
- 28 PC alternatives
- 30 Chicago NBAer
- 34 Well-worn
- 35 Give a home to
- 37 Memo abbr.
- 38 Return encl.
- 40 Church alcove

**DOWN**

- 1 Head cover
- 2 Make a blunder
- 3 Excellent
- 41 Zoologists' mouths
- 42 Marbles or tag
- 44 Skinflint
- 46 Bridge tower
- 49 EMT's skill
- 50 Protective shelter
- 51 Rapper
- Moe Dee
- 54 Ocean predator
- 58 — moment's notice
- 59 Polynesian cookout
- 60 Muchacho
- 61 Kennel sound
- 62 Colleen's home
- 63 Plummeted

**Answer to Previous Puzzle**

O	N	U	S	U	C	L	A	B	R	A	
L	A	N	E	N	E	A	T	I	N	C	
E	R	I	C	F	O	R	E	M	O	S	T
O	C	T	O	P	I	D	O	T			
		N	A	T	O	U	S	E	R	S	
T	E	D	D	Y	M	E	T	G	A	I	
I	D	E	S	M	E	A	T	A	C	T	
E	E	L	G	I	G	R	E	D	Y	E	
S	N	I	D	E	A	X	E	L			
		E	N	S	A	L	L	E	G	E	
M	A	G	N	E	T	I	C	E	V	E	R
A	G	O	V	E	N	T	R	I	T	A	
N	A	B	A	P	S	O	S	L	A	T	

7-19-22 © 2022 UFS, Dist. by Andrews McMeel for UFS

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
			18	19			20	21			
22	23	24			25	26					
27			28	29			30	31	32	33	
34			35				36		37		
38			39		40				41		
			42	43			44	45			
46	47	48				49					
50				51	52	53		54	55	56	57
58				59				60			
61				62				63			

103 Announcements

RONALD McDONALD HOUSE CHARITIES IDAHO

**PULL TABS ACCEPTED**  
AT THE FOLLOWING BAKER CITY LOCATIONS

- Baker City Herald
- Dollar Tree
- Black's Distributing
- Ryder Bros
- VFW
- Baker Elk's Lodge
- Main Event
- Lefty's Tap House
- Baker City Fire Dept.
- Haines Sell-Rite
- Idle Hour
- Salvation Army

**BUY IT  
SELL IT  
FIND IT  
IN  
CLASSIFIED**  
Call The  
Observer or  
The Baker City  
Herald

WHEN THE SEARCH IS SERIOUS  
rely on the  
classified to locate  
what you need.

**Be among the... WELL-INFORMED.**  
SUBSCRIBE TODAY!

**CALL OR VISIT**  
**The Observer**  
541-963-3161  
[TheObserver.com](http://TheObserver.com)  
or  
**Baker City Herald**  
541-523-3673  
[BakerCityHerald.com](http://BakerCityHerald.com)