

## Fish Filets in Garlic Scape Pipián

### – *Filetes de pescado en pipián de chicotillo de ajo*

#### Ingredients (for two portions)

- 1 ¼ cups garlic scape paste with pumpkin seed  
(see next page for recipe)
- ¾ cup water
- 1 bunch cilantro; washed and chopped coarsely
- 2-3 serrano peppers, to taste; washed and stems removed
- Salt, to taste
- 1 pinch ground white pepper
- 2 tbsp olive oil
- 4 thin white fish filets (snapper and sole are good choices)
- ¼ cup wheat flour
- 1 tbsp butter
- Limes, to serve

#### Vegetables:

- 1 *chayote*; washed, peeled and cubed (if not available, trimmed and sliced green beans may be used)
- 5-6 small potatoes; washed, cooked, peeled (optional) and cut into bite size chunks
- 1 tsp olive oil
- 1 tbsp butter
- Salt, to taste

Warm up one teaspoon of olive oil in a large pan over medium heat; add *chayotes* and sauté for 5 minutes; reduce heat to low, cover pan and allow to gently simmer. After 10 minutes, remove lid, add one tablespoon of butter and stir cooked potatoes in, to coat all veggies with the butter. Season with salt. Keep the pan on the burner, but turn off the heat; cover pan and reserve.

While the *chayotes* are simmering, remove stems from serrano peppers and place in a blender jar, along with the water and cilantro; process for about 30 seconds, and set aside. In another large pan, warm up one tablespoon of olive oil over medium heat; add garlic scape and pumpkin seed paste. Cook for about one minute, stirring constantly, then add reserved water from blender; season with salt and pepper, and stir with a wooden spoon, lowering the heat to a simmer. Keep sauce simmering, at very low heat, stirring occasionally so the bottom will not burn, for another couple of minutes. Turn off the heat, cover, and keep hot until serving time.

On a plate or tray, sprinkle half the flour, place fish on top and sprinkle with the rest of the flour; pat and turn to coat. Heat the last tablespoon of olive oil in a large frying pan, over medium heat; after one minute, add butter and stir to melt. Add fish and fry for about three to four minutes per side, depending on the thickness. Once fully cooked, place portions on dinner plates; arrange a side of *chayotes* and potatoes, then pour sauce on both the filets and the vegetables. Serve with lime wedges.



## Basic Garlic Scape Paste

### Ingredients (for approximately 3 cups)

4 cups washed and sliced garlic scapes, tough tips removed  
1 cup almonds; blanched and chopped  
1 1/3 cups extra virgin olive oil  
Salt to taste, or omit

Place all ingredients, except the oil, in a food processor or blender jar; pulse two or three times, and repeat, checking the mix in between. Continue, pushing the larger pieces to the bottom in between pulses, until a very fine grain is obtained; switch to continuous blending, and pour oil slowly to incorporate all ingredients into a paste. Transfer to containers with lid; it may be kept in the refrigerator for one week, or stored in the freezer. For storing, it is a good idea to pour a little olive oil on top of the paste; it will form a film and help preserve the flavours (see photo):



To prepare a pesto from here, process one cup of the basic paste with 1/4 cup pine nuts, 1/4 cup grated Parmigiano-Reggiano cheese, and a few fresh basil leaves.

Garlic is a common aromatic in many Mexican sauces with pumpkin seed, so this basic paste, with a mild garlic flavour and a bright green shade, is the perfect taste and colour booster for a pumpkin seed paste.

## Garlic Scape Paste with Pumpkin Seed

### Ingredients (for approximately 1 1/4 cups)

1 cup basic garlic scape paste  
1/4 cup shelled pumpkin seed, preferably roasted and unsalted  
4 tbsp water  
Salt to taste, or omit

Place the pumpkin seed in a spice/seed grinder, and pulse until pulverized (a mortar and pestle may be used, instead). Mix the ground pumpkin seed with the water, adding a few drops at a time, to form a paste, then mix with the basic garlic scape paste. Continue mixing until uniform; the resulting paste still has a vibrant green tone from the garlic scape (some speckles are still visible, below), with the added texture and flavour from the pumpkin seed (see photo):



This paste may be used to prepare different sauces, with a fusion flare, such as the garlic scape *pipián* on the previous page, or garlic scape Yucatán inspired enchiladas (*papatzules*, recipe at [mysliceofmexico.ca](http://mysliceofmexico.ca)).