

## Nayarit Style Grilled Fish – *Pescado Zarandeado*

### Ingredients

- 1 whole white-fleshed fish (around 2 lb, 908 g), such as seabass, snapper, grouper, etc.
- 1 tbsp Huichol™ sauce, or other bottled red sauce, such as Valentina™, Cholula™, etc.
- 2 tbsp mayonnaise
- 1 tsp yellow mustard
- ½ tsp garlic powder
- ½ tsp black pepper
- ¼ tsp dry oregano, or marjoram
- Salt, to taste
- Limes, juice from one, plus more, to serve
- 1 tbsp vegetable oil, plus more for brushing
- Warm corn tortillas
- Shredded cabbage (optional)



First, prepare wet rub by placing hot sauce, mayonnaise, mustard, garlic powder, black pepper, and oregano in a bowl; mix until well incorporated, then add the juice from one lime, approximately two tablespoons. Season with salt, to taste, mix thoroughly, and set aside. Pat the fish with a paper towel, then prop it on its belly, and hold on to the dorsal fin (at the top); the spine will be exactly below this fin. With a very sharp knife, slice to one side of the fin (and spine) and all along of it, starting at the base of the head. Continue the cut all the way to the tail. Be careful to separate the flesh from the spine, but with a pause near the belly, so the two halves remain attached; open the fish butterfly style. Remove guts, and removing the head is optional. Discard guts and head (if removed). Brush both sides of the fish with vegetable oil, then place, skin side down, on rack of a grilling basket; season flesh side with salt, to taste, and spread about 2/3 of the reserved wet rub. Place rack in the grilling basket, and close. Add one tablespoon of vegetable oil to the remaining wet rub, and mix until a uniform sauce is obtained. Bring grilling basket and bowl to the cooking area. For this recipe, set the grill for direct high heat. Place the fish in the grilling basket in the middle of the grill, with the flesh side down; cook for three minutes, then flip to the skin side down; spread the reserved sauce from the bowl on the meat. After three minutes, flip to flesh side down again; with the drippings from the added oily sauce, there will be some smoking, which will impart the fish even more flavour. Allow to cook on that side just until the sauce has dried and the flesh looks charred. If needed, the fish may be turned one last time, to char and crisp the skin to taste. Transfer fish to a serving plate, and arrange lime wedges around. The fish will be tender, juicy and flaky, so the whole spine and bones may be removed easily at this point. Serve with a pile of warm corn tortillas and shredded cabbage (optional) on the side, and set the bottled red hot sauce on the table, to add to each taco, to taste.