

Rice Mish-Mash – *Arroz a la tumbada*

Ingredients (for four to six portions)

2/3 lb (300 g) fish (halibut, cod, mahi-mahi)
Seafood, one or more, as available, such as:
20 small shrimp, 3 squid tubes,
2 cups cooked and shelled mussels,
and/or even 1 can clams
1 cup long grain rice
3 tomatoes; washed
½ onion; peeled
2 cloves garlic; peeled
1-2 red jalapeño or comapeño
peppers, optional; washed
1 sprig celery; washed
1 small bunch cilantro; washed
1 tbsp fresh epazote leaves (if available, or omit); washed
¼ cup tomato paste
½ tsp ground all-spice
1 bay leaf
2 tbsp oil
Salt and black pepper, to taste



To serve: chili powder, limes

Place rice in a large bowl, wash with cold water a couple of times, discarding turbid water, and any brush or particles. Drain into a colander and allow to dry. Reserve. If using fish with bones, separate from fish, and add to a pot; if using shrimp, peel and devein, add shells to the pot, discarding black veins. Add celery, a couple of layers of onion, bay leaf, and half a teaspoon of salt to the pot, then add three cups of water. Place on the stove over high heat, and bring to boil. Reduce heat to medium, and cook for ten minutes. Remove from heat, then strain through a mesh. Discard solids and reserve broth. NOTE: If there are no bones or shells, simply omit, and make the broth vegetarian. Warm up oil in a large pot over medium heat; add tomatoes, rest of the onion, garlic cloves, and if using, hot peppers; sauté until veggies start to brown, careful to remove garlic first, to avoid burning. Transfer veggies to a blender jar, reserving the flavoured oil in the pot. Add half a cup of reserved broth, tomato paste, and all-spice to the blender jar. Give it a few pulses, then add cilantro. Continue processing for another half a minute. Reserve. Return reserved pot with oil to the stove over medium heat. Add rice, stirring to coat with the oil. Cook for three to five more minutes, stirring, until the rice turns slightly golden brown, then add reserved tomato sauce. Continue cooking and stirring, to mix rice and sauce. After one or two minutes, pour two cups of broth in the blender jar, to collect any remaining sauce, then add to the pot. Bring to boil, then reduce heat to a simmer, and cover pot. Allow to simmer for fifteen minutes. Uncover and add deboned fish, cut up into chunks. Continue cooking for a couple of minutes, then tuck in the seafood of choice. Continue cooking for a few minutes, until rice is tender and seafood is cooked. Add any broth remaining, and epazote leaves. Bring to boil again, adjust seasoning with salt and pepper, as needed, mixing to incorporate. Turn off heat, and allow to rest for five to ten minutes, to integrate all the flavours.