



Seafood Class Recipes

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“One cannot think well, love well, sleep well, if one has not dined well.”

Virginia Woolf, A Room of One's Own

Ceviche



Ceviche is a seafood dish popular in the coastal regions of the Americas, especially Central and South America. The dish is typically made from fresh raw fish marinated in citrus juices, such as lemon or lime, and spiced with chile peppers.

1 kilo of firm, fresh red snapper or mahi-mahi fillets (or other firm-fleshed fish), cut into 1/2cm pieces, completely deboned

1/2 cup of freshly squeezed lime juice

1 onion, finely diced

1 cup of chopped fresh tomatoes

2 serrano chiles, seeded and finely diced

1 teaspoon of salt

In a non-reactive bowl place the fish, onion, tomatoes and chiles. Cover with lime juice. Let sit covered in the refrigerator for 20 minutes, then stir, making sure more of the fish gets exposed to the acidic lime juice.

During the marinating process the fish will change from pinkish grey and translucent, to whiter in color and opaque.

Serve with chopped cilantro and slices of avocado with tortillas for ceviche tacos or with tortilla chips (totopos).

Totopos

Great Mexican food emerges from the cooking theory that nothing should be wasted. Yesterday's tortillas quickly become today's totopos!

1 kilo of fresh corn tortillas
3 cups of vegetable oil

Separate tortillas from each other so they don't stick. Wrap in a dishtowel and a plastic bag to keep them from drying out. Place in fridge overnight.

The next day cut tortillas into triangles. Heat vegetable oil in a medium saucepan. Once the oil is smoking hot place tortilla triangles in a few at a time. Cook until crispy- about 2-3 minutes.

Remove fried tortilla triangles with a slotted spoon and place in a colander to allow excess oil to drain off.



Shrimp Mousse

This is a great recipe that showcases the versatility of a 'waste not, want not' attitude.

Ingredients:

10 shrimp heads rinsed in cold water
1 tomato
2 tbs. garlic oil
sprigs of dried thyme
1/2 dried guajillo chile- seeds removed
1 package cream cheese
Splash of white wine
Salt



Saute all ingredients on a medium heat, except cream cheese, in a frying pan for 10-15 minutes. Cool.

Puree shrimp head mixture with cream cheese in a food processor until smooth.

Pass through a sieve to remove any pieces of shell.

Pour into a ramekin or teacup and place in fridge for a couple of hours to set.

Serve with toast or crackers.

Oven Roasted Shrimp with Garlic and Rosemary

Garlic Oil (heaven in a jar)

6 garlic cloves peeled and chopped

1 cup extra virgin olive oil

Blend garlic and oil in a blender until smooth. Transfer to a lidded jar and leave at room temperature for 24 hours.

Peeling Shrimp

Decide whether to peel the shrimp before or after cooking. Many cooks maintain that keeping the shell on the shrimp during cooking enhances the flavor, since the shell keeps juices in and is itself packed with flavor. However, some people like to peel the shrimp before cooking, so it's easier to eat the finished dish.

If you want to keep the shell on the body while you're cooking it, but you'd rather not cook it with the legs and vein, use a pair of kitchen scissors to snip the shell along its back. This way you can still de-vein the shrimp, and peel off the shell when it's done cooking.

Pull off the head. Sometimes shrimp comes with the head still attached. That's the first thing you should pull off. You can also chop it off if you'd rather. Pull off the legs. Grasp them between your fingers and pull them off in clumps. They should easily detach from the body.

Lightly toss shrimp in garlic oil and chopped fresh rosemary.

Bake in the oven for 8 minutes at 350 degrees



Baja-style Fish Tacos

White Sauce

Mix 2 tablespoons of mayonnaise with 1 cup of sour cream. Squeeze in juice of 2 limes. Salt and pepper to taste

Chipotle Mayonaise

2 chipotle chiles (from a can)
1 cup of mayonnaise
1/4 cup orange juice.
Mix on low in a blender



White fish filet such as mahi-mahi or any other firm fish like marlin, swordfish sea bass or fresh yellow fin tuna. Season with garlic oil, salt and pepper and cut into 1 inch strips.

Beer Batter

1 1/2 cups of flour
1 bottle of beer
Pinch of oregano
1/2 teaspoon salt
Pour beer slowly into flour and salt while mixing until it forms a batter similar to hotcakes.

Frying

Heat 3 cm of vegetable oil in a pan. When oil is hot place a strip of fish into beer batter and then into oil, fry until golden. Place fried fish on a paper towel to de-grease.

Place fried fish onto a corn tortilla, top with shredded purple cabbage, grated carrot and cilantro. Garnish with white sauce and/or chipotle mayonnaise.

Michelada con Clamato

The michelada, one of the most popular drinks in Mexico, is a beer-based cocktail made with lime, hot sauce, Worcestershire, and often tomato (or Clamato) juice, all served over ice in a glass with a salted rim. There are dozens of riffs on this base, which depend not only on which part of the country you're in, but also who's serving it.

8 servings

INGREDIENTS

1 32-oz. bottle chilled Clamato (about 4 cups)

1 32-oz. bottle or 3 12-oz. bottles chilled Mexican beer

1/2 cup fresh lime juice

1 1/2 tsp. Worcestershire sauce

1 tsp. hot sauce (such as Tabasco)

1 tsp. Maggi Seasoning

2 Tbsp. kosher salt

1/2 tsp. chili powder

Celery Stalks for garnish

Lime wedges (for serving)

PREPARATION

Mix Clamato, beer, lime juice, Worcestershire sauce, hot sauce, and Maggi Seasoning in a large pitcher. Mix salt and chili powder on a small plate. Rub rims of pint glasses with lime wedges and dip in salt mixture. Fill glasses with ice, add Michelada mixture, and garnish with lime wedges and celery.

