

Ancient Near East - basically Mesopotamia, or modern day Saudi Arabia and Iraq

- Tigris River - creates the fertile crescent
 - Called the fertile crescent because they had agriculture WAY before Europe

Art of Note:

Human-Headed Winged Lion. (Lamassu). Assyria. 883 - 859 BCE. Limestone. 10'3" h

- A winged bull, man-god ---> a divine animal
- Has horns indicating he is a demi-god
- Example of **domination architecture** because it is used to promote ones dominance and scare others away



***Jericho** - metropolis in Mesopotamia (2,000 people)

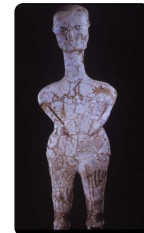
***Ain Ghazal** (7,200 - 5,000 BCE)

- Larger than Jericho, 30 acres, more populous.
- Had stepped terraces of stone; dwellings resembled those found in Native American Southwest 7,000 years later
- Such a concentration of people led to specialized groups of laborers in these city-states (artisans)

Art of Note:

Figure, from Ain Ghazal. c. 7,000 - 6,000 BCE. Clay, plaster, paint. 36" h.

- Giant dolls in Mesopotamia that they dressed and made wigs for



***Sumer** - area of development/collection of city-states along the rivers of Mesopotamia that were collectively responsible for many innovations

- Wheel
- Plow
- Cast objects in copper & bronze
- Writing method & arithmetic
 - Cuneiform - form of writing invented to keep track of money

***Votive** - a small statue used for religious reasons to connect to the gods

Craig Heberer's Ecuadorian Ceviche (1998)

For da kine Ecuadorian style ceviche you can use yellowfin, bigeye, or bluefin tuna, corvina, mahi, blue marlin, wahoo, yellowtail, etc. Needs to be high quality loin most important point. Like saying with some computer generated info. Crap in = crap out!! Cube fish into bite sized pieces, make finer if you want to eat faster as lime will penetrate the surface area of smaller cubes faster. Place cubes into ceramic or glass bowl with fresh water and rock salt (table salt will do if no rock salt available). Adjust rock salt added based on size of ceviche batch.... as a general rule put about one big pinch of salt for every half pound or so of meat. Be careful not to make too salty. Cubes need to soak approx. 20-30 minutes in the brine solution after which you must drain off water in colander and give a quick rinse with fresh water (do not soak in the freshwater, only a quick burst to take away salt). Add enough lime juice to cover the fish cubes completely. Stir the juice to assure complete saturation. Grind fresh black peppercorns and stir into mixture. Cover with saran wrap or wet paper towel and place in refrigerator (or in cool place on counter) to "cook". Need to check periodically to see how progressing and to mix thoroughly and often with a spoon. Remove when fish cooked through... slice open representative cube and gauge lime penetration. Needs to cook between 2-4 hours depending on size of cubes and texture of fish using. Taste fish, if too much lime flavor then give a quick rinse with fresh water but reserve some of the lime juice to add back to the bowl. If not too limey, then reserve all the liquid for serving. Prepare condiments plate of fresh chopped cilantro, thinly sliced plum tomatoes, thinly sliced white onions (if onions strong then soak the slices in cold/ice water for 30 minutes or so to cut strength), shredded green cabbage, and diced jalapeno peppers. Open can of picante salsa (we used Herdez in Baja) if you wish but Ecuadorians add a dollop of ketchup and a dollop of mustard instead!

Spoon ceviche into bowls along with some of the juice. Add half a tablespoon of olive oil, some more fresh black pepper if you like (I love fresh ground black pepper and use it often in my dishes) a handful of cilantro, a squeeze of fresh lime juice, a fistful of shredded cabbage, a pinch of diced jalapenos, the tomato slices and a spoon full of the salsa picante or the ketchup/mustard

Ecu-style combo. Serve with hot cooking banana chips, hot cooking banana wedges (called tostones in Puerto Rico or patacones in Ecuador) or crisp tortilla chips for scooping up the fish into da mouth bruddah. Some ceviche booths in Ecuador serve with hot bread rolls which I have tried and can highly recommend as well! Cold beer on hand to wash down da kine.



Veracruz Fish Tostadas

Ingredients:

10-12 Corn tortillas, fried flat tostada style

1 lb. Fish Fillets

1-1/2 Onions sliced

2 Bay Leaves

1 Garlic Clove minced

1 Tomato chopped

1-2 Jalapenos seeded and chopped

1 tsp. Vinegar

1 Tbsp. Cilantro chopped

Lime Juice

Cabbage shredded

Directions:

Boil fish for 10 minutes in enough salted water to cover fillets, along with onion, bay leaves and garlic. Remove fish, cool and shred cooked fillets. Saute tomato, onion, jalapenos and vinegar in oil for 8 minutes. Add fish and cilantro to skillet and heat through. Place fish mixture on tostadas and top with lime juice and cabbage.



Enchiladas Verdes de Pescado

Ingredients:

Sauce:

- 3/4 lb. tomatillos (about 8), husked & washed
- 2 small, fresh, hot green chiles (such as serranos), stems removed, seeded, deveined & chopped
- 2 cloves garlic, chopped
- 1 Tbs. vegetable oil
- 1-1/2 cups fish stock or defatted reduced-sodium chicken stock
- 1/4 c. reduced-fat sour cream
- 2 Tbs. chopped fresh cilantro
- salt to taste

Filling:

- 1/2 lb. fish fillets, such as grouper, snapper or sea bass, skin removed
- 6 oz. boiling potatoes, preferably Yukon Gold (2 small), peeled & cut into 1/2" cubes

Tortillas & Garnishes:

- 1/2 c. chopped onion
- 2 Tbs. chopped fresh cilantro, plus 8 sprigs for garnish
- 8 steamed corn tortillas
- 3 Tbs. crumbled or grated Mexican queso anejo
- 4 radishes, chopped or cut into matchsticks

Directions:

To prepare sauce: Preheat the broiler. Place tomatillos on a baking sheet and broil, 4 inches below the heat source, until soft and blackened in spots, about 4 minutes. Turn and broil on the other side. Scrape the tomatillos and their juices into a blender or food processor. Add chiles and garlic and process to a smooth puree. Heat oil in a medium-sized saucepan over medium-high heat. When hot enough to make a drop of the puree sizzle, add it all at once. Stir for several minutes as the puree thickens and darkens, then stir in stock and sour cream, reduce heat to medium-low and simmer until thickened to the consistency of heavy cream, 20-30 minutes.

Remove from the heat, stir in cilantro and season with salt. Reserve 1/2 cup for the



filling. (The sauce can be made ahead and stored, covered, in the refrigerator for up to 24 hours.)

To prepare filling: Fill a small saucepan halfway with lightly salted water; bring to a boil over medium heat. Add fish fillets, reduce heat to low and poach until the fish flakes easily, 5-10 minutes, depending on the thickness of the fillets. Remove the fillets with a slotted spoon, then add the potatoes and simmer until tender, about 5 minutes. Drain. Flake the fish into a small saucepan, add the potatoes plus the 1/2 cup of reserved sauce, cover and set aside.

To finish dish: Bring the remaining sauce to a simmer over low heat and warm up the filling. Mix onions with chopped cilantro and set aside. Make the enchiladas one at a time: lay a warm tortilla on a warm individual plate, spoon a portion of the filling across one side, fold over, ladle on a portion of the sauce and sprinkle with cheese, the onion-cilantro mixture and radishes. Garnish with a sprig of cilantro and serve immediately.



Zarzuela de Mariscos (Spanish seafood stew)

The greater the variety of seafood you add to this dish, the better its flavor will be.

Ingredients:

2 lbs fish and shellfish. Mix it up. Large chunks of fish and any shellfish.
1/4 C olive oil
1 onion, minced
2 small bell peppers (multi-colors), diced
3-5 cloves garlic, minced
1/4 C Serrano ham or prosciutto, sliced into thin strips
3-4 C tomatoes, peeled, seeded, diced
1/2 C ground almonds
1 bay leaf
Pinch saffron
Salt and pepper to taste
1 C white wine
3 C water or stock
1 T lemon juice
2-3 T minced parsley

Directions:

Clean and prepare your fish and shellfish. Set aside. Heat oil in a large pot over medium-high flame. Add onions, peppers and garlic and sauté till onion turns translucent, 4-5 minutes. Add ham or prosciutto and sauté 1-2 minutes more. Stir in tomatoes, ground almonds, bay leaf, saffron and salt and pepper. Bring to a boil and simmer for about 10 minutes to marry the flavors and reduce liquid somewhat. Add the wine and simmer to reduce somewhat. Add the water or stock, lemon juice and parsley. Bring to a boil, reduce heat and simmer 10 minutes more. Add fish and seafood to the stew. Cover with a lid and simmer 10-15 minutes till everything is cooked through. Adjust seasoning and serve.

Notes:

Add a pinch of thyme or rosemary if you like.
Add a dash of anise liqueur to perk up its flavor.
If both Serrano ham and prosciutto are unavailable, use a good quality cured ham.
Substitute hazelnuts for the almonds.
Almonds can be ground easily in a spice or coffee grinder.
The recipe can be completed through Step 4 and fished later. The stew base will actually improve in flavor.



Grilled Shark Bites

Ingredients:

- 1 1/2 pounds shark or firm fleshed fish cut into 1 1/2 - to 2-inch cubes
- 1/3 cup lime juice
- 2 tablespoons vegetable oil
- 3 cloves garlic
- 1 tablespoon parsley
- 1/4 cup beer
- 1/2 teaspoon cumin
- Salt and pepper
- 2 teaspoons Dijon mustard
- Prepared salsa
- 2 avocados, cubed for garnish

Directions:

Combine all ingredients, except salsa, avocado and fish. Pour over shark cubes. Cover and marinate in refrigerator for 30 minutes. Drain shark, reserving marinade. Put shark cubes on skewers and grill or broil 4-5 minutes, basting with marinade. Turn and cook another 4-5 minutes until flakey. Remove shark from skewers and place on platter with avocado cubes. Serve with your favorite prepared salsa for dipping and avocado slices.



Tommy's 'Tacos Tiburon'

Ingredients:

Fish in Marinade

- 2 to 3 lbs. of fresh, trimmed thresher fillets cut into grilling strips
- 1 1/2 cups premium Italian-style salad dressing
- 1 cup whole mayonnaise

Southwest Seasoning Mix

- 1/4 cup chili powder
- 2 tbs. dried oregano
- 1/4 cup onion powder
- 1 tbs. garlic powder
- 2 tbs. dried basil
- 2 tbs. ground cumin
- 1 tbs. dried thyme
- 2 tbs. dried coriander

Fish Taco Dressing

- 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 1 lime, juiced
- 1 jalapeno pepper, seeds/veins removed and minced
- 1 tsp. minced capers
- 1/2 tsp. dried oregano
- 1/2 tsp. ground cumin
- 1/2 tsp. dried dill weed
- 1 tsp. ground cayenne pepper

Salsa de Chili Arbol

- 4 pods of dried chiles Arbol, crushed
- 6 fresh, ripe tomatoes or substitute 2 cups canned
- 1 8-oz. can of tomato sauce
- 1 medium white onion, well chopped
- 1 fresh lime, juiced
- 4 cloves of finely minced fresh garlic
- 1/2 tsp. freshly crushed cumin seeds
- 1 tsp. whole dried Mexican oregano, freshly crushed
- 1/2 tsp. salt
- 1/2 tsp. fresh ground black pepper

Directions:

Stir marinade mixture well and let sit for at least one hour before placing in the thresher strips. Refrigerate overnight. Grill the fish over gas if you must, but the very best flavor will be enjoyed when the fish is cooked over mesquite, oak or alder.

For the seasoning mix - Mix all ingredients well and store in an airtight container.

For the taco dressing - Mix ingredients well and refrigerate for at least 1 hour.
For the Chili Arbol - Place the crushed chiles in a mixing bowl, cover them with 1 cup of very hot water and let steep for a few minutes. In a saucepan over medium heat, combine the remaining ingredients with the chili, and chili water and simmer for a few minutes. If the salsa is too thick, thin with water to desired consistency. Pour the salsa into a bowl and allow it to sit at room temperature for an hour to help blend the flavors before serving. For a smoother end product, put the salsa into a blender or food processor and puree.





The ultimate miscellaneous fish picture?

Salsas

It's all about the salsa.



Fire Roasted Tomato

Fire-roasted roma tomatoes and onions with garlic, cilantro chile de arbol. Great with our original Gourmet Burrito.



Mexicana

Just on the hot side of medium with a kick of lime. Terrific with the Three-Pepper Fajita Platter.



Salsa Buena

A medium blend of tomatoes, cilantro and garlic with a hint of spice. Works wonderfully with the Chicken Taquitos.



Caliente (seasonal)

On the hot side of medium with a kick of lemon. Goes great with the Stuffed Fajita Quesadilla.



Mango

A refreshing mix of mangos, peppered with fresh jalapeno, garlic and onion. Perfect with the Grilled Fish Tacos.



Avocado

Cool avocado with a hint of jalapeño; try it with the fresh Taco Salad.



Habenero

A fiery blast of habenero peppers sure to punish your senses. Caution: Do not touch your eyes after handling. Try it on the Overstuffed Grilled Burrito.

General Information

Whatever you're cooking you can find a salsa to match. Make every day a salsa day"
Mark Miller, Coyote Café

So kick back, pop the cap on a Negra Modelo or blend a pitcher of margaritas and peruse some of these recipes that you should make to accompany those great fish you brought home from our trip. The following are some basic tips on preparing some of the items called for in the recipes in this section:

Blackening tomatoes and tomatillos

Remove the stems (tomatillos should also be husked and rinsed) and place on a rack under a broiler or over a gas flame until the skins blister, crack and blacken. Do not over blacken as a bitter taste will result.

Oven roasting tomatoes

Preheat oven to 250. Cut the tomatoes in half and place cut side up on a wire rack or on a baking sheet. Sprinkle with a little salt. Roast in the oven for about 3 hours. If not immediately using, they can be stored in jar of olive oil.

Roasting chiles and bell peppers

Place the chiles or peppers on a wire rack over an open gas flame, on a grill or under a broiler. Blister and blacken skins all over without burning the flesh. Transfer to a bowl and cover with plastic wrap. Let steam for 15-20 minutes. You can then remove the skin. Remove the seeds and membranes if the recipe calls for it (they increase the heat).

Adobo sauce

The picante sauce made from tomatoes, onions, vinegar and spices in which canned chipotle chiles are packed. Chipotle chile puree is made with the chiles out of the can and some of the adobo sauce.

Ginger juice

Made by squeezing grated ginger through a garlic press. 3 T of ginger will yield 1 T of juice.



Salsa Master Recipe

If you can't find traditional salsa ingredients that you trust, start by boiling salsa down to its basic flavor elements. Then think about ingredients with similar qualities (taste, texture, color, aroma) that could substitute or even upstage the old tomato-lime-jalapeno-cilantro mix.

Start with something sweet (and juicy, fleshy and colorful): While there's nothing like a ripe tomato, many fruits and veggies have a similar mix of sweetness, acidity and a juicy flesh that do well in salsa. Think: Peach, corn, tomatillo, pineapple, apricot, plum, papaya, mango, strawberry, melon.

Add something sour (and zesty and zippy): Depending on your tomato stand-in, you might need something a little more sweet or acidic than lime. Think: Orange, grapefruit, blood orange, lemon, Meyer lemon, tamarind paste, pomegranate.

Mix in something hot (and, possibly, crunchy): Fresh jalapeño and serrano peppers don't have the corner on heat. Think: poblanos, habaneros, Scotch Bonnet peppers, Anaheims, hot banana peppers, or chipotles (smoked jalapeños, which come canned in red adobo sauce). Or try bottled hot sauces such as Cholula or Sriracha, or dry spices such as ground cumin or chile powder. If you're feeling more experimental, try radish, horseradish or wasabi.

Consider adding smoke: Not all salsas have it. But grilling, roasting or charring can heighten a fruit's or vegetable's sweetness, mute a pepper's heat, add smoky notes and vary the taste and texture. Blackened bits also just look cool.

Sprinkle with something green (and herby): Cilantro has a singular taste, but many fresh herbs have green notes that can enliven salsa's look and taste. Think: mint (nice with melon), Italian parsley or chives. Maloney likes to use oregano or opal basil, a purple-black variety. He said toasted and crushed coriander seeds, which come from the plant that bears cilantro leaves, can add cilantro-like notes. And, for a vegetal quality, green color and added crunch, try minced English cucumber or zucchini.

Blend in basics: Olive oil, chopped onion, minced garlic, salt and pepper to taste. Wait: Letting a salsa sit in the fridge a few hours before serving helps the flavors meld.

If you like your salsas more saucy or simply want to save some time, chop or blend most ingredients in a food processor and use your knife just on the main fruit or vegetable.

The fruitier salsas are particularly nice with grilled chicken and pork. The pineapple and corn salsas are nice with fish. All work with chips.

