



White Fish with Chipotle Red Sauce

INGREDIENTS

- 1 tablespoon canola oil
- 1 tablespoon butter
- 1 garlic clove, finely minced
- 1/3 cup onion
- 1/2 to 1 teaspoon Chipotle chile pepper
- 1 can (15 oz.) ready-cut peeled tomatoes or 1/4 cup ketchup
- 1 cup water
- 1/4 teaspoon oregano
- 1 teaspoon vinegar
- 1 tablespoon fresh cilantro, minced
- 6 ounces of Halibut or Sword Fish or any other white fish

PREPARATION

1. In a 2-quart saucepan, heat the oil over medium heat.
2. Add the garlic, onion and Chipotle chile pepper and sauté for 30 seconds until the spices are fragrant. Watch carefully—spices burn quickly.
3. Add remaining ingredients and simmer over low heat, covered, for 15 minutes, until the flavors have blended.
4. Remove from the heat and cool.
5. Transfer the sauce to a food processor and blend.
6. Salt to taste.
7. Pan fry the fish over medium heat with the canola oil and butter for 2 minutes on each side.
8. Remove the fish from the frying pan and place it in a baking pan.
9. Pour the sauce on the fish and bake at 350 degrees F. for 15 minutes.