

## EPICUREAN ESSENTIALS

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### Mexican White Fish

- 1 tablespoons achiote seeds
- ½ cup canola oil
- 2 white fish fillets
- 1 lime, juiced
- ½ cup carrot, julienned
- ½ cup celery root, julienned
- 1 clove garlic, minced
- Salt and pepper, to taste
- 2 teaspoons ground achiote
- ¾ cup dry white wine

Combine achiote seeds and canola oil in a small saucepan and heat over medium heat until the oil is warm. Reduce heat to low and allow to sit an additional 2 minutes. Remove from heat. Let stand a minimum of 30 minutes. Strain seeds from the oil and set aside or store in a tightly covered container for up to 2 weeks in the refrigerator.

In a baking dish, marinate the fish fillets in the lime juice 15-30 minutes.

Preheat oven to 350F. Remove the fish from the baking dish and toss the carrot, celery root and garlic with the lime juice in the dish. Season fish with salt and pepper. Place fish on top of vegetables and dust with ground achiote. Pour wine around fish.

Bake 10 minutes or until opaque throughout. Remove from oven and allow to stand for 10 minutes.

Heat a large non-stick skillet over medium-high heat. Add about 2 tablespoons of the reserved achiote infused oil. Immediately place fish in pan and quickly sear. Transfer fish to serving plates; drizzle with achiote oil and serve with vegetables.