

## Red Mojo Marinated Fish and Seafood

Flavors of the Sun | March 2007



*This is a great all-around marinade for fish and seafood that takes only 15 minutes in the food processor. It makes a lot but stores well or can be easily cut down to make a half batch.*

- 1 CUP EXTRA-VIRGIN OLIVE OIL
- 1 CUP FRESHLY SQUEEZED ORANGE JUICE
- 1/2 CUP FRESHLY SQUEEZED LIME JUICE
- 1 HEAD GARLIC, CLOVES SEPARATED, PEELED, AND SMASHED
- 1 TBSP. SALT
- 1 TBSP. SNIPPED FRESH PARSLEY OR CILANTRO
- 1 SCOTCH BONNET OR HABANERO PEPPER, SEEDED AND CHOPPED\*, OR 1 TSP. CAYENNE PEPPER
- 2 TSP. GROUND CUMIN
- 2 TSP. SMOKED PAPRIKA
- 2 TSP. WORCESTERSHIRE SAUCE
- 1 TSP. GROUND BLACK PEPPER
- 1 TSP. DRIED OREGANO, CRUSHED
- 1/4 TSP. GROUND ALLSPICE

Place all ingredients in a blender or food processor. Cover and blend or process until smooth. Cover and chill up to 2 weeks. Makes 3 cups.

Per serving of marinade: 46 cal., 5 g fat (1 g sat. fat), 0 mg chol., 149 mg sodium, 1 g carbo., 0 g fiber, 0 g pro.

**SUGGESTED USES:** For fish, lightly score 6 whole fresh pan-dressed fish (such as trout or red snapper) through the skin with a sharp knife. Place fish in a resealable plastic bag set in a shallow dish. Pour marinade over fish; seal bag. Marinate in the refrigerator for up to 1 hour before grilling. Drain marinade; reserve. Sprinkle fish with salt. Place fish, half at a time, in a greased grill basket. For a charcoal grill, grill fish over medium coals for 6 to 9 minutes for every 8 ounces of fish or until fish flakes easily when tested with a fork, turning once and brushing with reserved marinade. (For a gas grill, preheat grill, reduce heat to medium. Place grill basket over heat. Cover and grill as above.) Discard remaining marinade. For shrimp, marinate 3 pounds fresh, peeled, deveined shrimp for 15 minutes before grilling. Place shrimp on skewers and grill 5 to 8 minutes, turning once, or until opaque.

**\*NOTE:** Because hot chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with chiles as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the chile peppers, wash your hands well with soap and water.