



T H E D A Y ' S C A T C H I N G R E E N

THE DAY'S CATCH IN GREEN

INGREDIENTS

• Avocado	500 g
• Dill	5 g
• Garlic	5 g
• Cilantro	20 g
• Whipping cream	100 ml
• Salt	
• Black pepper	10 g
• Parsley	10 g
• Basil	100 ml
• Avocado oil	50 ml
• Rice vinegar	3 g
• Crushed chili	10 ml
• Olive oil	5 g
• Butter	50 ml
• White wine	200 g
• Grouper fillet	

PROCEDURE

For the creamy avocado: blend the avocado, dill, garlic, cilantro, juice of half a lemon and whipping cream until you get a creamy and bland consistency. Rectify flavor with a pinch of salt and pepper.

For the avocado chimichurri: chop the cilantro, parsley, basil, and garlic as finely as possible, cut the avocado into small squares, add avocado oil, rice vinegar and crushed chili; finally, season with salt and pepper.

In a hot pan add olive oil and butter, seal the marinated fish fillet inside the pan; to finish cooking add some white wine to the fish and leave it in the oven at 360° F for 5 minutes.

Assemble the dish with the creamy avocado, fish, and chimichurri at the end.



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SALMON ON ADOBO POWDER
CRISP AND VIRGIN AVOCADO SAUCE

SALMON ON ADOBO POWDER CRISP AND VIRGIN AVOCADO SAUCE

INGREDIENTS

For the adobo powder

- Veinless ancho chili pepper 6 pcs.
- Veinless pasilla chili pepper 6 pcs.
- Veinless guajillo chili pepper 6 pcs.
- Garlic powder 3 g

For the virgin avocado sauce

- Avocado 2 pcs.
- Olive oil 30 ml
- Semi-chopped cilantro 20 sprigs
- Fine salt
- Ground black pepper

- Salmon 4 pcs of 100 g
- Fine salt
- Ground white pepper
- Powder adobo seasoning 16 g
- Yellow baby carrot with stem 2 pcs.
- Fried ancho chili pepper in julienne 2 pcs.
- Pea sprouts 4 pcs.
- Carnation flower 4 pcs.

PROCEDURE

For the adobo powder: boil the chili peppers for 10 minutes and then toast in the oven until they have reached a crispy consistency, ground until a powder is obtained and mix with the garlic. Set aside for later use.

For the virgin avocado sauce: slice the avocados into cubes and mix thoroughly with the oil, cilantro, salt, and black pepper.

Add salt, pepper, and grill the salmon to the desired term and distribute the marinade powder on top. Additionally, grill the yellow baby carrots.

Make a bed on the plate utilizing the virgin avocado sauce and place the salmon on top, garnish with the fried chili julienne, carrots, pea sprouts, and carnation flowers.



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GRILLED AVOCADO TACO
WITH SQUASH BLOSSOM

GRILLED AVOCADO TACO WITH SQUASH BLOSSOM

INGREDIENTS

For the blue corn tortilla

- Water 20 ml
- Blue maize flour 30 g
- Pepper leaf 8 g
- Salt 3 g

For the cooked squash blossom

- Purple onion 10 g
- Garlic 5 g
- Green bell pepper 15 g
- Spinach 15 g
- Squash blossom 18 g
- Epazote 7 g
- Salt

PROCEDURE

For the blue corn tortilla: incorporate the water with the flour, the finely chopped pepper leaf, and salt; mix the ingredients until you've achieved a dough ready to make tortillas.

For the squash blossom stew: saute the squash blossom with olive oil, spinach, and epazote herb.

For the grilled avocado: slice the avocado into 6 equal pieces and place them over a hot grill to sear both sides equally, then season them with salt, pepper, and lemon juice. Decorate the taco with radishes, cilantro, and onion.



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