

Sesame Sole with Coconut Adobe Rice

Coconut Adobe Rice

- 1 c rice, jasmine or basmati
- 3/4 c **Pulo Coconut Adobe** sauce, 1/2 cup added with water and 1/4 cup added before serving
- 1 c water
- 1 small coloured pepper, stemmed, seeded, finely diced
- 1 tomato, seeded and finely diced
- 1/2 c cilantro or parsley, 1/4 cup added with water, 1/4 cup as garnish
- omelet, made with leftovers from **Sesame Sole** recipe
- toasted coconut flakes as garnish (optional)

In a rice cooker or a medium-sized pot, combine rice, 1/2 cup of the Coconut Adobe sauce, 1 cup of water, pepper, tomato and 1/4 cup of cilantro. Cook for 20 minutes, or until done, then mix in 1/4 cup more of the sauce. Garnish with cilantro, omelet and coconut flakes.

Sesame Sole

- 3-4 sole fillets, patted dry
- 2 eggs, lightly beaten in a wide, flat bowl, well seasoned with salt and pepper
- 2/3 c sesame seeds, spread out a little at a time to coat each piece of fish, in a wide, flat bowl
- 1 T olive oil, seasoned with salt and pepper

Preheat oven to 420F.

Place fish fillets, one at a time, in the egg, then the sesame seeds, then on a baking pan. Drizzle sparingly with olive oil. Cook for about 8 minutes. Use the excess egg to make a small omelet to garnish the **Coconut Adobe Rice**.

Green Beans

- 2 -4 cups of green beans
- 1 T olive oil
- 1 dry shallot, minced or 2-3 tablespoons minced onion
- Herbamare sea salt and freshly ground black pepper

In a large pan, over medium heat, add olive oil, then green beans, tossing for a few minutes. Make a clearing in the center and add shallot. Continue cooking until shallots brown and green beans become tender, adding a little water if necessary. Can be served a little crunchy. Serves 4.

Jittery Cook