

## Pescado en Hoja de Bijao

Fish cooked in an Amazonian traditional way , 4 portions

### Ingredients:

4 fish portions of 120gr - 150gr each, with or without skin, or a small entire fish, any type of fish

8 bijao leaves (or banana leaves), washed

1 onion, cut into thin slices and them in halves

1 spring onion, cut into thin slices (in Colombia people us "cebolla larga")

1 tomato, cut into thin slices and then in halves

2 sweet chili peppers, chopped, without seeds

2 garlic cloves, cut into thin slices

a bunch of cilantro, chopped

50 ml fish or vegetable stock (optional)

salt, pepper, cumin, vegetable oil

### As sides:

600 gr cassava root (in spanish: yuca)

6 garlic cloves, minced

3 lime (juice)

salt, pepper, vegetable oil

### Tips:

If the bijao leaves are not available, you can use banana leaves or last resource baking paper. Before using banana leaves, soften them with a gas flame.

For the biajo leaves, the fish faces the green top side of the leaves, while with banana ones it faces the silver bottom part of the leaf.



The plated fish.

### Preparation:

1. In a working table, put the 4 biajo leaves with the green side up and another a leaf on top, also with the green side up.
2. On each leaf, add 4 slices of tomatoes and the fish on top.
3. Add salt, pepper, cumin and cilantro to taste. Cover with onion, garlic, sweet chili pepper and spring onion on top of each portion of fish.
4. Sprinkle 2 tbs. of fish stock on each portion.
5. Fold the fish in inner leaf and then in the outer leaf. Use a string to fit the leaves.
6. In a pirex or the grill of the oven, bake the fish at 200°C for about 25 minutes.
7. Open the leaves with a scissor and put the fish with the leaf in a dish. Side with cassava.
8. In a saucepan heat up 4tbs. of vegetable oil. Add minced garlic and cook for about two minutes. Deglaze with lime juice and 4 tpls of water and cook for another minute.
9. Add salt and pepper to taste and sprinkle the sauce on top of the cassava root.