

INGREDIENTS

- 1 cup crushed wheat (ask for ripe wheat)
- 1/2 pound white fish fillet
- 1/3 cup finely chopped spearmint
- 1/3 cup diced onion
- 2 cloves of garlic minced
- 1 pinch cumin
- 1 pinch allspice
- 1 pinch ground cloves
- 1 pinch black pepper
- 1/2 teaspoon salt

INSTRUCTIONS

1. Put the crushed wheat in a strainer and rinse with water until it gets clear. then in a bowl, soak with 2 cups of water for 2 hours.
2. Finely dice onions, garlic and spearmint.
3. In a food processor, blend the fish fillet with the spices., then take it to a bowl.
4. Strain the soaked wheat, get rid of the most of water by squeezing.
5. Mix all the ingredients in the bowl, you should have a sticky consistency.
6. Form patties about the size of a crab cake.
7. Deep fry in any neutral oil. soy, or canola for 3 to 4 minutes.
8. Serve with the orange pico de Gallo, pickled red onions, and fresh habanero chiles.



Fish Kibis



4-5 servings



25 minutes

This is a streetfood dish very popular in the Yucatan Peninsula, usually made with mince, but there are places in the coast that made the adaptation with local fish.

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