

Lopez-Style Cactus Salad

Recipe by Emanuel Lopez

Cooking Time: 20 minutes
Servings: 6



Ingredients

- 5 nopales de-spined and diced (if you're using fresh, you can use a pinch of baking soda)
- 2 carrots peeled and cut horizontally
- head of cauliflower, sliced to bite sized pieces
- 5 roma tomatoes, diced
- head of garlic, peeled and thinly sliced
- ¾ purple onion julienned and halved
- ½ cup lemon juice
- pickled jalapenos (about 2 whole jalapenos and some juice)
- 5 Tb olive oil
- 1 cup crumbled cotija
- ¼ cup chopped cilantro
- 1 tsp Mexican oregano
- vegetable oil
- fine grain salt

Directions

Step 1

Pre-heat oven to 400 degrees fahrenheit. Place fish on a lined baking sheet and drizzle a tablespoon of oil over the fish. Season with salt and pepper to taste. Bake in the oven for 12-15 minutes.

Step 2

Cut lemon into wedges and set aside. Mince all three cloves of garlic and put it into a large bowl. Cut the bell pepper into halves and reserve one half the other is not needed. Cut the onion into halves and reserve one half the other is not needed. Mince shrimp and set aside. While the fish is cooking, cut the bell pepper, onion, and the green parts of the green onion into a small dice. Combine together in a separate small bowl.

Step 3

Once the fish is done remove the tray from the oven and set aside on a cooling rack. Put the crab meat inside the large bowl with garlic. Break up the large chunks as you are placing it inside the bowl. Crack your egg and separate the egg white from the egg yolk, the yolk will not be needed for this recipe. Put the egg white into the bowl with the crab meat and garlic and set aside.

Step 4

Put a tablespoon of oil into a pan and set the heat to medium high. Add all of the vegetable mixture into the pan and saute until tender. Remove vegetable mixture from the pan and place back into the small bowl to let it cool a bit. Then put as much of the vegetable mixture as you would like into the larger bowl with all the other ingredients. Place the rest into a food safe storage container you won't need anymore.

Step 5

Saute the minced shrimp for 1-2 minutes on medium high heat and let it cool in the pan before adding it to the large bowl with all the other ingredients. Once the fish is cool enough to handle, start shredding with a fork in a separate medium sized bowl. Put the shredded fish, mayonnaise, worcestershire sauce, and seasonings inside the large bowl and mix.

Step 6

Fill a cast iron with enough oil to cover the bottom, heat over medium heat. Use a spoon or a batter scoop to portion out the seafood cake mixture into five, 4 oz patties. Place the seafood cakes into the hot oil and fry until golden brown on both sides. Remove from the pan and drain on paper towels. Serve on a plate with lemon wedges to squeeze over the seafood cakes.

About Emanuel Lopez

My name is Emanuel (Manny) Lopez, I'm 17 years old and I was born and raised in Las Vegas Nevada. My father and mother were always in the kitchen cooking up a storm so it was only natural for me to pick up a skill or two. I enjoy the independence that came along with cooking and being part of Mojave High School's culinary program was a great place for me to show off my knack for cooking.

The cactus salad I made was chosen both because it's part of my heritage as a Latino, and because it's one of the first dishes I ever had to make on my own outside the house. My independence and skill really shone through this dish.

I started helping around the kitchen when I was 7. Peeling onions and making quesadillas were the only reasons I was in the kitchen but as I grew older the dishes became more elaborate and soon I would find myself preparing a plethora of dishes.

Food means a lot to me. My dad worked 25 years in the foodservice industry and even became a corporate trainer. I'm proud of his accomplishments and he has inspired me to always hold onto my ties to cooking. I wish that by the time I'm his age I can cook wonderful meals for my family.