

3. *Finishing the broth.* Add the bowl of picked shells to the broth, cover and simmer over medium-low heat for 30 minutes. Strain through a fine-mesh sieve, set the broth aside and discard the shells. Wash and dry the pan.

4. *The soup base.* Roast the unpeeled garlic on an ungreased griddle or heavy skillet over medium heat, turning frequently, until the cloves are soft and blackened in spots, about 15 minutes. When cool enough to handle, slip them out of their skins and place them in a blender or food processor with the tomatoes and onion. Process until smooth.

Heat the olive oil in the soup pot or kettle over medium-high. When hot enough to make a drop of the puree sizzle sharply, add it all at once. Stir nearly constantly for about 4 minutes, as the puree sears and thickens. Then add the broth and the *epazote*, cover and simmer gently over medium-low heat for 30 to 45 minutes.

5. *Finishing the soup.* About 15 minutes before serving, remove the *epazote* and skim off any fat that is floating on the broth. Stir in the chopped *chipotles*, re-cover and simmer for 10 minutes. Season with salt.

Finally, add the crab meat, claws and any roe. Cover and let the crab heat in the broth for about 5 minutes. Ladle up bowlfuls for your guests, each with bits of crabmeat and several of the claws to be fished out and picked at the table. Pass the lime wedges for the guests to squeeze into the soup to suit their own tastes.



SHRIMP-BALL SOUP WITH ROASTED PEPPER AND TOMATO

Sopa de Albóndigas de Camarón

The simple Mexican flavors of this west-coast specialty are clean and invitingly uncomplicated. The soup is substantial—just the kind of thing to serve before some simple Crispy-Fried Tacos (page 139) or *Enchiladas Suizas* (page 154); ripe, aromatic Strawberries with Cream (page 296) would be my choice for dessert.

Along Mexico's upper west coast, near Topolobampo in the Sea of Cortés, shrimp are so plentiful that the cooks use them

substituting fish broth (page 62) for the crab broth. Peel and devein about 1 pound shrimp (though in Mexico it's common to serve this rustic soup with unshelled shrimp), then cook them in the broth for a few (roughly 3 to 6) minutes just before serving.

Regional Explorations

All around the Gulf Coast, from Aivarado, Veracruz, to Tampico, crabs are generally the first choice for making *shrimp* *pachotes*. (In Tampico the crab broth is thickened with *maza* and the soup is called *chim-pachote*.) In some places the cooks replace crab with fish or shrimp, and in Puebla there's even a chicken *chipotle* offered.



COOK'S NOTES

Techniques

Chopping Shrimp: Warm shrimp will turn to mush, so be sure that they are well chilled. I prefer to chop the shrimp with a sharp knife, simply because I like the even, coarse texture that the knife cuts give.

Ingredients

The Right Ones: All the ingredients need to be the best quality—especially the fish broth.

to fill up soups, to shred for taco fillings and to grind for shrimp balls or cakes. This is a recipe for the latter, which re-creates a delicious version I had in Mazatlán; it is a combination of recipes I found in several Spanish-language publications.

YIELD: about 1½ quarts, 4 servings

- 8 ounces shrimp, well chilled**
¼ small onion, very finely chopped
¼ ripe, medium-large tomato, cored, seeded and finely chopped
1 large egg yolk
2 tablespoons flour
½ teaspoon dried oregano
A generous ½ teaspoon salt
1 tablespoon vegetable oil
1 small onion, thinly sliced
1 medium fresh chile poblano, roasted and peeled (page 337), seeded and sliced into thin strips 1 inch long
1 ripe, medium-small tomato, roasted or boiled (page 352), cored, peeled and roughly chopped
OR ½ 15-ounce can tomatoes, well drained and roughly chopped

About 4½ cups (½ recipe) fish broth (page 62)

Salt, about ¾ teaspoon

¼ cup loosely packed, roughly chopped fresh coriander (cilantro)

1 to 2 limes, quartered

1. *The shrimp mixture.* Peel the shrimp and devein them by running a knife down the back to expose the dark intestinal track and scraping it out. Chop them finely: To chop by hand, use a large, sharp knife to cut the shrimp in small bits, then rock and chop, working the knife back and forth for several minutes, until the shrimp forms a coarse-textured paste. For machine chopping, either run the shrimp through the meat grinder fitted with the fine plate or use a food processor to chop the shrimp into a coarse puree (do it in two lots, pulsing 4 to 5 times for each lot). Place the shrimp in a mixing bowl.

Add the onion, tomato, egg yolk, flour, oregano and salt, and mix thoroughly. Cover and refrigerate until you're ready to finish the soup.

2. *The broth.* In a large saucepan, heat the oil over medium. Add the onion and fry until just browning, about 7 minutes.

The soup is a combination of simple flavors and every one must shine.

Shrimp: Here is a good place to use the small shrimp, if you have the patience to peel and devein them. If shrimp are unavailable or prohibitively expensive, you might want to substitute scallops or a gelatinous fish like monk fish.

Chile Poblano: Though a poblano is the best flavor for the soup, 2 large, long green chiles would be my second choice.

Timing and Advance Preparation

If the fish broth is ready, you'll need 45 minutes to prepare the soup. The brothy soup base (Step 2) can be prepared a day or two ahead, covered and refrigerated; prepare and cook the shrimp balls just before serving.

TRADITIONAL VARIATIONS

Tortas de Camaron Fresco: On the west coast of Mexico you often find the shrimp mixture formed into cakes, dredged in flour or crumbs and fried.

They can be served as is, with hot sauce and a salad, or with about ½ cups Quick-Cooked Tomato-Chile Sauce (page 41), or with the sauce used for Fish a la Veracruzana (page 212).

pan에 큰고추, 토마토 등에 익힌다 (토마토 돌려가면)

• 파스타를 넣는다.

• 콩병에 이리 볶고, 상과 작게 넣는다

• 토마토를 잘 익혀 넣는다. 볶음

• 파스타를 잘 볶고 넣는다

• Caldo 냄비에 국물 넣는다

• 다시 끓인다 (타타리에)

• 여기에 새우랑 Mix 한거 돌려서

• 불로 만들어 넣고 끓인다

• 소금으로 간한다 (국물 넣는거)

③ 불에 덩아내고 밥하고 같이낸다.