

DOWN SOUTH OF THE U.S. BORDER

[LA LINEA]

●●●●● shopping list

PRODUCE

- 4 ears corn
- 1 small jicama
- 1 pint cherry tomatoes
- 1 head romaine lettuce
- 1 habanero pepper
- 2 jalapeno peppers
- 2 lemons
- 1 lime
- 6 oranges
- 1 pineapple
- 2 avocados
- 2 -3 small red onions
- 2 medium yellow onions
- 1 head garlic
- 1 bunch scallions
- 1 bunch cilantro
- 1 bunch mint
- rosemary

BREAD & DAIRY

- 16 corn tortillas
- unsalted butter
- grated pepper jack cheese (optional)

PANTRY

- sea salt
- freshly ground black pepper
- extra-virgin olive oil
- balsamic vinegar
- 1 cup short-grain brown rice
- 1½ cups dried black beans
- 2-inch strip kombu
- cayenne pepper
- paprika
- ground cumin
- dried oregano
- Tabasco sauce

FISH

- 3 - 4 catfish fillets (about 1 1/2 pounds)