

FISH TACOS



Ingredients:

12	Small	White Corn Tortillas
1½ – 2	Pounds	Cod (thawed, rinsed and patted dry)
1	Teaspoon	Roasted Garlic
½	Teaspoon	Ground Cumin
⅛	Teaspoon	Cayenne Pepper
1	Teaspoon	Salt
¼	Teaspoon	Dried Epazote (optional)
¼	Cup	Butter

For the Toppings:

½	Small	Cabbage, shredded
1	Medium	Red Onion, sliced very thin*
2	Large	Poblano Chilies, seeds and veins removed, sliced thin*
3	Medium	Avocado, sliced or cubed
8	Ounces	Queso Fresco, crumbled
½	Cup	Fresh Cilantro, coarsely chopped for garnish (if desired)

Lime Crema

½	Cup	Sour Cream
3	Tablespoons	Mayonnaise
1	Large	Lime, juiced (about ¼ cup)
2	Teaspoons	Sriracha (or Frank's Red Hot sauce)

Directions:

1. Combine all ingredients for the Lime Crema in a bowl and whisk until combined. Set aside to let the flavors meld.
2. Melt butter in saute pan. Add garlic, cumin, cayenne, salt and epazote. Whisk and cook for about 30 seconds.

3. Preheat oven to 375° and line a sheet pan with parchment paper. Place fish on sheet pan and brush with butter mixture. Bake for 14 – 16 minutes, or until an internal temperature of 145° is reached.
4. Shred cabbage, slice onion and Pablano Chilies, slice or cube avocados and crumble Queso Fresco and place in separate serving bowls. Pickle the onion and chiles if desired (see note below).
5. Warm your tortillas.** There are 4 ways to do this. One is terrible, and I wouldn't recommend it. Two is good, three is better and four is my preferred method:

Option 1 – in the microwave or oven wrapped in foil – but the tortillas will have no color and they will have a tendency to tear.

Option 2 – over an open flame, which is quick – but therein lies the problem. They have a tendency to burn if you don't watch them like a hawk.

Option 3 – in a cast iron or stainless steel skillet – a dry heat cooking method that gives the tortilla color without drying it out. (Heat just until warmed and pliable.)

Option 4 – on the grill – also a dry heat cooking method that has the added benefit of giving the tortilla char marks...and that char gives the tortilla depth of flavor.

6. Assemble the tortilla by placing the fish in the middle, covered with your desired toppings (avocado, cabbage, onion, jalapeno, queso fresco and cilantro (if using)). Drizzle with Lime Crema, fold and enjoy!

**Note – If you'd like to do a quick pickle on the onion and Poblano Chili, bring ¾ cup of apple cider vinegar, ¼ cup of balsamic vinegar, ½ cup of water, 1 Tbl sugar and 1 tsp salt to a boil. Pour over the thinly sliced vegetables and let sit about 20 – 30 minutes. This will remove some of the “bite” of the onion and chile, and add a bright acidic note.*

*** To keep the tortillas warm until ready to serve, placed them on a towel lined plate and cover with a towel until all of them are ready.*