

"THE #77"

MAURO ROSALES

BAJA
FISH TACOS

FRESH ST. MARKET



COOKIN'
WITH THE 'CAPS



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Trail Appliances



2017
EDITION



"THE #77" BAJA FISH TACOS

INGREDIENTS

CABBAGE SLAW

½ head Napa cabbage,
thinly sliced

1 tsp salt

2 Tbsp sour cream

1 Tbsp lime juice

1 Tbsp chopped cilantro

1 tsp salt

TACO TOPPINGS

1 avocado, cubed

½ small white onion,
finely diced

½ cup fresh tomato salsa

½ bunch cilantro,
washed, stems
trimmed,
coarsely chopped

1 tsp garlic salt

2 Tbsp avocado or
vegetable oil

4 flour tortillas
(8 inch)

THE FISH

1 lb Halibut fillet,
trimmed and
cleaned, cut into
1" strips

GARNISH

6-8 radishes, cut
very thinly and
tossed in 1 Tbsp
white vinegar &
1 tsp white sugar

3 Tbsp all-purpose flour

1 tsp baking powder

1 tsp cayenne or
ancho chili powder

1 tsp black pepper

DIRECTIONS

Prepare the cabbage slaw and toppings before the fish. Combine the cabbage with the salt in a bowl and let sit for about 20 minutes. In a colander, press or squeeze out the extra moisture. In a large bowl, combine the cabbage, sour cream, lime juice and cilantro.

In a small bowl, mix flour, baking powder, pepper, cayenne, and garlic salt in a bowl. Dredge halibut fillets in flour mixture.

Choose a frying pan large enough to hold the fish pieces without crowding. Heat the oil over medium heat; sear the fish 2-3 minutes per side until crispy and golden brown. Lay pieces on paper towel to drain.

Heat tortillas in a dry pan or on a griddle until warm and soft. Place halibut fillets on the tortillas, followed by cabbage, salsa, avocados, onions, cilantro and radish garnish.

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