



FISH TACOS

EQUIPMENT:

FISH SPATULA
GRIDDLE OR SAUTE PAN
2 LARGE MIXING BOWLS
KNIFE & CUTTING BOARD

INGREDIENTS:

1 FL.OZ. OIL
1 TSP. CHILI POWDER
2 FL.OZ. LIME JUICE
1 LB. FRESH FISH
FILLETS - MAHI MAHI,
BLACK DRUM, TALAPIA

8 CORN TORTILLAS
HHF CILANTRO PESTO
GARNISHES
CHOPPED CABBAGE
SOUR CREAM
SLICED AVOCADOS
PICKLED RED ONIONS
CHOPPED CILANTRO

METHOD:

FIRST

COMBINE THE OIL, CHILI POWDER, AND THE LIME JUICE IN A MIXING BOWL. ADD THE FISH TO THIS MARINADE AND LET SIT FOR AT LEAST 15 MINS BUT NO MORE THAN 30. CUT AND HAVE READY ALL OF THE GARNISHES BEFORE YOU START COOKING THE FISH. HEAT THE GRIDDLE.

SECOND

SEASON THE FISH WITH SALT & PEPPER. PLACE THE FISH ON THE GRIDDLE FOR ABOUT 3-4 MINUTES ON THE FIRST SIDE AND HALF THAT TIME ON THE OTHER SIDE UNTIL FULLY COOKED. ONCE FLIPPED, SPREAD THE HHF CILANTRO PESTO ON THE FISH. REMOVE THE FISH FROM THE GRIDDLE AND LET REST FOR 5 MINS.

THIRD

WARM THE TORTILLAS ON THE GRIDDLE WHILE THE FISH IS RESTING. PLACE SOME FISH IN THE TORTILLA AND ADD SOME OR ALL OF THE GARNISHES TO THE TACO. YOU CAN CERTAINLY ADD MORE HHF CILANTRO PESTO ON TOP TO FINISH OFF THE PERFECT FISH TACO. ENJOY!