

SOUTHCOAST BLUEFISH TACOS

with a lime yogurt sauce, pickled red onion, salsa verde, cilantro and avocado



PREP TIME

25 mins

COOK TIME

15 mins

SERVINGS

2

INGREDIENTS

- 1/2lb Bluefish, cut into 8-12 small pieces (approx 2")
- 1/2 cup Cornmeal (or breadcrumb substitution)
- 1 Avocado, thinly sliced
- 1/4 cup Pickled Red Onion (as prepared)
- 1 small Cabbage, shaved
- 1 sprig Cilantro
- 6- 8 Corn Tortillas
- 2 T Neutral-flavored oil (corn, peanut, canola, or safflower)
- Lime Yogurt Sauce (as prepared)
- Salsa Verde (as prepared)
- 1 Lime, cut into wedges, for serving

INSTRUCTIONS

1. Cut bluefish filet into 8-12 pieces that will fit nicely into the tortillas
2. Heat oil in pan over medium heat
3. Season fish with salt and dredge in cornmeal
4. Add to pan and fry 2-3 minutes on each side until golden-brown and fish is just cooked through. The best way to tell if your fish is done is by testing it with a fork at an angle, at the thickest point, and twist gently. The fish will flake easily when it's done and it will lose its translucent or raw appearance.
5. Set cooked fish on paper towel to rest.
6. Heat cast iron skillet or heavy skillet over high heat to warm tortillas. Once pan is hot, add corn tortillas 2 at a time and heat for about 30 seconds per side.
7. Place warm tortillas on your serving plate and assemble tacos with desired toppings.