Fresh Fish Tacos:

Fresh caught BC halibut is a springtime treat from our oceans. If you can't find halibut, try other types of white fish.

Yield: 4 servings, 2 tacos each
Preparation time: About 30 minutes
Cooking time for fish: About 5 minutes a side (if about 3cm thick)

Ingredients:

Adobo paste:

- 2 Tbsp (30mL) olive oil
- 1 tsp (5mL) cumin
- 1 tsp (5mL) coriander
- ½ tsp (2mL) chili powder
- ½ lime, juiced
- 1 garlic clove, peeled and minced
- Pinch salt
- A few grinds of freshly cracked pepper

- 4x 2~3cm thick halibut or sea bass filets, about 100 grams each (or about 400 gm of fish and cut in to 4 fillets)*****

Taco garnishes (choose some or all):

- Shredded lettuce or red cabbage
- Crumbled feta cheese or grated monetary jack cheese
- Fresh cilantro leaves
- Sliced radishes
- Sliced avocado
- Chopped red onion
- Lime wedges
- 1 cup salsa (homemade or store bought)

- 8x 15cm corn or wheat tortillas, warmed
- 2 Tbsp (30mL) vegetable oil

Equipment:

- Measuring spoons
- Juicer or reamer
- Micro-plane or garlic press
- Small sharp knife
- Cutting board
- Box grater
- Large sauté pan
- Kitchen tongs
- Spatula
- 8 small bowls or plates
- Fork

Special note:

The fish will have more flavour if the paste is spread on both sides of skinless fish fillets but it will be harder to flip the fish when cooking. You can ask your

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fishmonger to skin the fillet/s for you. If the fish falls apart while cooking, it's ok as you are crumbling the fish after cooking anyway. If you are cooking the fish skin on, remove the skin after cooking.

Method:

1. Measure olive oil into a small bowl.
2. Add the cumin, coriander and chili powder.
3. Juice ½ lime into the bowl.
4. Peel garlic clove then grate with a micro-plane. Add to the bowl.
5. Add a pinch of salt and a few grinds of freshly cracked pepper. Mix the adobo paste together with a fork.
6. Spread the adobo paste on fish filets (both sides, if skinless). Let sit while preparing the garnishes.
7. Prepare the taco garnishes and put in small bowls on the table. Tacos are served family-style and people can help themselves to the fixings.
    a. Cut a wedge of lettuce or red cabbage into thin strips.
    b. Crumble feta cheese or grate monetary jack cheese.
    c. Remove the leaves from a handful of cilantro stems.
    d. Hang on to the stem ends of radish and slice thinly.
    e. Run a knive around an avocado (the seed will stop you from cutting through). Twist avocado to open. Scoop out the seed with spoon. Peel the skin. Slice in long thin strips.
    f. Cut an onion in half and peel. Place flat side down and slice pinkie-wide strips of onion. Place strips flat and cut into strips again to create small cubes.
    g. Cut lime in half lengthwise. Cut each half into 3 or 4 wedges.
8. Wrap the tortillas in foil and place in a 175C (350 F) oven for about 10 – 15 minutes. When ready, wrap tortillas in a clean tea towel to keep warm.
9. Place a large-sized skillet on stove-top and turn on to medium-high. Let heat up then add oil to pan. Tilt pan to spread oil. When hot, with tongs add the fillets to the pan. Cook for 3 – 4 minutes per side, until fish easily flakes. Remove the fillets and place on a plate. Let rest for a couple of minutes then break into chunks. (You can also place fish fillets in a baking pan and bake in a 190C oven for 10 – 12 minutes.)
10. To put it all together: take a tortilla and place on a plate. Add shredded lettuce, the fish and the garnishes. Squeeze lime juice on top. Fold in half and eat right away. Serve with lots of napkins.

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