

COD TACOS

with jalapeno marinade and cilantro crema



MARINADE

- 1 tbsp shallot – minced
- 2 tsp pickled jalapenos – minced
- 2 tsp lemon juice
- 2 tsp jalapeno vinegar
- 1 tbsp extra virgin olive oil

Combine shallot, jalapenos, lemon juice and jalapeno vinegar in a small bowl and let sit for approximately 20 minutes. Then add the olive oil, mix well, and rub all over the cod. Let marinate for 20 minutes.

While the fish is marinating, heat oven to 325° and make the refreshing slaw and crema.

SLAW

- ½ cup cabbage – shaved thin
- ½ cup red cabbage – shaved thin
- ½ cup carrot – thin julienne
- 2 tbsp jalapeno vinegar
- 2 tsp mayonnaise
- ½ tsp yellow mustard
- Pinch of salt

In a small bowl mix the jalapeno vinegar, mayo, mustard and salt. Add mixture to the cabbage and carrot and toss until evenly distributed and let sit for at least 10 minutes.

CILANTRO CREMA

- ⅓ cup Mexican crema
- ¼ cup cilantro chopped fine
- Pinch of salt

DIRECTIONS

Whisk together the crema and cilantro in a small bowl. Set aside until ready to drizzle on tacos.

Before cooking the fish, heat up the tortillas. If possible, over an open flame to get a very light char. If not, use a pan. Wrap the tortillas in a towel or aluminum foil, and set aside until ready to build tacos.

Once the fish has finished marinating it's time to sear. Heat up your pan on medium high heat. When pan is heated properly, add 2 tbsp of vegetable oil to evenly grease the pan. Sear the filets on both sides for approx. 4 min. Making sure the jalapeno and shallot from the marinade gets a light char. Once the fish is properly seared, place on a sheet pan, on a rack if you have it, and bake in the oven for 5 minutes. Remove fish and allow to rest for another five minutes.

When the fish has finished resting, gently break up the fish into half inch chunks and place on tortilla. Then add a healthy pinch of slaw, top with cilantro cream, and enjoy.

Makes 4-6 Tacos