

Fish Tacos

Recipe by Angela Litchfield

INGREDIENTS



DIRECTIONS

In a large bowl, combine flour, cornstarch, baking powder, and salt. Blend egg and beer, then quickly stir into the flour mixture. (Don't worry about a few lumps.)

Heat oil in deep-fryer to 375°F (190°C).

Dust fish pieces lightly with flour. Dip into beer batter, and fry until crisp and golden brown. Drain on paper towels.

Lightly fry tortillas; not too crisp.

Make white sauce in a medium-sized bowl. Mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, capers, oregano, cumin, dill, and cayenne.

Place corn on a tray and drizzle with olive oil. Bake at 350° F for 10 minutes. Stir corn, then bake for another 10 minutes until corn is golden.

To Serve: Place fried fish in a tortilla. Top with roasted corn, shredded cabbage, and white sauce.

Beer Batter:

1 cup all-purpose flour
2 tablespoons cornstarch
1 teaspoon baking powder
1/2 teaspoon salt
1 egg
1 cup beer or water (*Any beer can be used; choose beer you prefer.*)

White Sauce:

1 tablespoon olive oil
1/2 cup plain yogurt
1/2 cup mayonnaise
1 lime, juiced
1 jalapeno pepper, minced
1 teaspoon minced capers
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/2 teaspoon dried dill weed
1 teaspoon ground cayenne pepper

1 quart oil for frying
1 lb pickerel fillets, cut into 2-3 oz portions
1 (12 ounce) package corn tortillas
1/2 medium head cabbage, finely shredded
1/2 c fresh, frozen or canned corn

Indigenous Ingredients: fish and corn

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant