



Employment Systems Cooking Class

Fish Tacos

INGREDIENTS:

3 Tbsp Olive Oil
Lime Juice
2 tsp chili powder
1 tsp paprika
1/2 tsp ground cumin
1/2 tsp cayenne pepper
1 lb cod (or other flaky white fish)
2 Tbsp Mayonnaise
1/4 Medium red cabbage, thinly sliced
1 Tbsp lime juice
1/4 cup Cilantro
1 cup corn kernels (Defrost if frozen)
2 Tbsp Honey
1/2 Tbsp vegetable oil
Flour
Eggs
Bread crumbs
Kosher salt
Black pepper
8 corn tortillas
1 avocado, diced
Lime wedges, for serving
Sour cream, for serving

Directions

- 1) In a medium shallow bowl, whisk together olive oil, lime juice, paprika, chili powder, cumin and cayenne.
- 2) Add cod, tossing until evenly coated. Let marinate for 15 minutes.
- 3) While cod is marinating, make slaw: In large bowl, whisk together mayonnaise, lime juice, cilantro and honey. Stir in cabbage and corn. Season with salt and pepper.
- 4) Prepare 3 shallow dishes: One with flour in it, one with beaten eggs, and one with bread crumbs. One at a time cover the fish in the flour, then the egg wash, and finally the bread crumbs. (Tip: Let the excess egg drip off fish before coating in bread crumbs)
- 5) Heat vegetable oil in a large nonstick skillet over medium-high heat
. Add fish and cook until golden and crispy, 3 to 5 minutes. Let rest for 5 minutes.
6. Assemble tacos: Serve fish over grilled tortillas with corn slaw and avocado. Squeeze lime juice on top and garnish with sour cream.