

Fish Tacos with Mango Slaw

Mango Cabbage Salad:

* Best when made a few hours before.

1 mango, ripe yet still firm
2 cups shaved red cabbage
2 TBSP cilantro, chopped
1/4- 1/2 jalapeno, thinly sliced & chopped
1/2 cup red pepper, thinly sliced
Juice from 1 lime, 2 if needed to taste
2 TBSP avocado oil
1/2 tsp. kosher salt
Drizzle of honey to taste

Poblano Crema:

1 poblano, roasted, peeled and seeded
1 tsp. lime juice
Kosher salt to taste
1/3 cup yogurt or sour cream
Few sprigs of cilantro

Fish:

2 TBSP oil
2 lb. white fish (Cod, snapper, grouper, mahi mahi, or tilapia) cut into 1 x 2 inch pieces
1/2 cup cornstarch
Dash cayenne pepper
1 tsp. cumin
1/2 tsp. kosher salt
12 corn tortillas, warmed (preferably homemade)



Directions

1. Peel the mango and discard the skin. Using the peeler peel thin strips into a bowl. Discard the core.
2. Add the red cabbage, cilantro, jalapeno, red pepper, lime juice, oil, and salt. Toss together and taste. Add more salt if needed. Put into a serving bowl.
3. Pat dry the fish, season filets with a sprinkle of salt, cumin, and cayenne.
4. Add all the poblano crema ingredients into a blender and blend until smooth. Put in a serving bowl; squeeze bottle or a sandwich bag with the corner snipped.
5. In a gallon bag mix the cornstarch, cayenne pepper, cumin, and kosher salt.
6. Heat the oil in a 12 inch nonstick skillet over high heat until it shimmers.
7. Add half of the fish to the bag and shake until coated. Carefully add each piece of fish to the pan. Cook until crispy and golden brown and then flip over. Cook thoroughly and until crispy and golden on the other side. Remove from pan and allow to rest on a plate lined with a paper towel. Repeat with the remaining fish.
8. Serve the fish with the salad, poblano crema, tortillas and lime.