Local Rhoots
LOCAL. SUSTAINABLE. MEALS.

Fish Tacos with Charred Corn Salsa

Ingredients

Wild caught cod or Columbia Mushrooms

Fish breading
Cup4Cup GF Flour, cumin, coriander, paprika, salt, pepper, garlic, onion

Charred corn salsa
Corn, tomatoes, red onion, peppers, cilantro, lime, cumin, coriander, garlic, onion, olive oil, salt, pepper

Tortillas
Masa, water, salt

Pickled Red Onion
Red onion, vinegar, sugar, spices

Refried Black Beans
Black beans, olive oil, onion, garlic, cumin, coriander, salt, pepper

Jasmin Rice
Cilantro
Lime

Directions

NOTE: Place cod in the refrigerator 12-24 hours prior to cooking.

Pour rice into a pot with lid. Fill rice container with cold water and add to the rice, repeat once more and add a pinch of salt. Set rice over medium heat, bring to a boil, cover, reduce to a simmer and set a 20 minute timer. Once timer goes off, remove from heat and leave covered another 10 minutes.

While rice is cooking, take out two pans (one cast iron if you have it). Pour breading into a shallow bowl.

Remove cod from package and slice into 1-2" wide strips and toss in olive oil (or other oil of choice) then roll them in breading.

Heat the non cast iron pan over medium heat and add 1 tbsp oil or butter of choice, once hot add the cod strips. Don't let them touch. Allow cod to cook 3-4 minutes on one side, flip and cook another 3 minutes. Transfer to a plate and repeat until done.

Tip: set cooked cod in a 300 degree oven to keep warm until ready to serve.

Heat cast iron (or other pan) over medium-high heat. Add a drop of oil and distribute throughout the pan. Place tortillas in the pan, cook 4 minutes on one side and 2-3 on the second. Remove and store in a kitchen towel. Repeat until done.

Once tortillas are cooked, pour beans into the pan and reheat, then transfer to a bowl.

Transfer rice to a bowl, squeeze the juice of half a lime over the rice and add half of the cilantro roughly chopped. Toss and serve.

Slice wedges with remaining lime and set everything on the table. Enjoy!