



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

Cilantro
Lime

Directions

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

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.

Slice wedges of lime and roughly chop the cilantro, place in bowls and set everything on the table. Enjoy!