

Cooking with the Club

by Chef Robert Larios

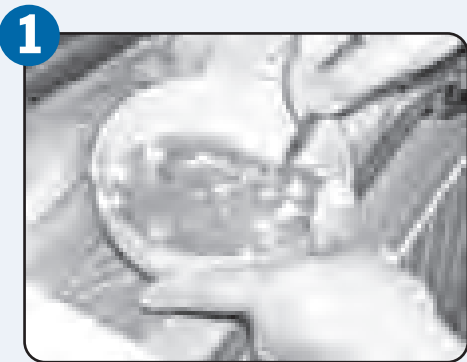


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Fish Tacos: *Classic* Seasonably Good

DIRECTIONS:



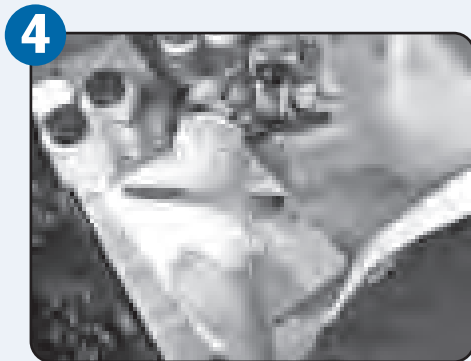
Begin preparation for green salsa. Wash, dry, peel and then dice cucumber and jicama. Place tomatillo salsa, green chile sauce, diced cucumber and jicama in large bowl and mix.



Cut fish into strips, check for bones and remove any bones with kitchen pliers. Season fish with sea salt and pepper.



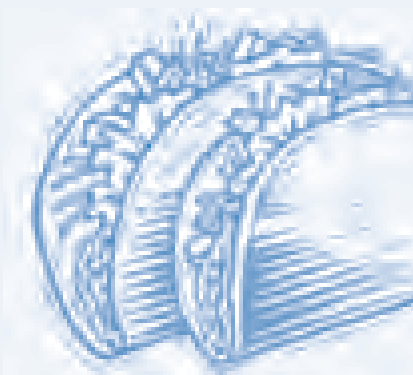
Add olive oil to sauté pan and place fish into pan on medium heat. Keep on eye on the fish so that it does not burn, and turn over once a golden color develops.



Chop cabbage. Add red onion or scallion.



Each taco requires two corn tortillas. Use another pan on medium heat to warm them up. Into the two corn tortillas, place a strip of the cooked fish, green salsa, cabbage and freshly squeezed lime juice.



Enjoy!

If you've ever had the good fortune to visit San Diego and have had one of the famous fish tacos – you'd know why they'd like to have you believe that they invented it. There are dozens, if not hundreds, of tacos shops around town, and many of them have fish tacos on their menus.

It is believed that the fish taco has its origins in Baja California. It would make sense because the fish economy is among the biggest over there. The recipe is quite simple – tortillas, salsa, a little cabbage and fish. You could use cod or sea bass or even freshwater fish like catfish, but the marriage of flavor and texture with mahi mahi is my favorite.

To account for hunger and the ease of cooking these recipes, I've put together a quick and easy green salsa with a twist. I've added diced cucumber, jicama and a jolt of green chile sauce. This is great stuff for dips, too! An elegant version of this same taco recipe uses Mexican crema. Just drizzle some over each taco and you'll be knocking on the door to heaven – well, almost. You should be able to find Mexican crema in the dairy section of most supermarkets.

Rudy's Fish Tacos

INGREDIENTS:

MAKES 3 FISH TACOS

- 1 pound fish (I like mahi mahi)
- 1 tablespoon olive oil
- Sea salt
- Pepper
- 1 lime
- 1 cup shredded green cabbage
- 1 scallion (or half of a red onion), diced
- 1 can of green tomatillo salsa (green salsa)
- 2 tablespoons green chile sauce
- 1/4 cups cucumber, diced
- 1/4 cups jicama, diced
- 6 corn tortillas (or 3 flour tortillas)

