

Tacos de Pescado | Fish Tacos

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Swick

Chef's Notes

Here is the full text recipe for Salsa Verde de Lupita.

If you plan to fry a big batch of fish all at once, warm the tortillas in a low oven.

Preparing the Batter

To make the batter, combine the flour, cornstarch, baking powder, salt and pepper in a large bowl.

In a separate bowl, whisk the egg. Then add the beer, water, and lemon juice.

Whisk the wet ingredients into the dry and let sit for about 10 minutes in the refrigerator, while you prepare the rest of your mise en place.

Step 1: Preparing the Batter

- 5 tbsp all-purpose flour
- 3 tbsp cornstarch
- 1 1/2 tsp baking powder
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 large egg
- 1/4 cup beer
- 1/4 cup water
- 1 tbsp lemon juice

Preparing the Mise en Place

To prepare your mise en place, heat about an inch and a half of oil in a tall pot, over medium-low heat.

Thinly slice the cabbage and lettuce. Cut the tomatoes vertically into thin slices and cut the lime into wedges. Set everything aside.

Next, cut the fish into 1" -inch strips, working with the grain, so the pieces don't fall apart. When you're ready to cook, season the fish with the salt, pepper and a squeeze of lime juice. Let this marinate while you gather the tortillas and set up a plate with flour for dredging the fish.

Step 2: Preparing the Mise en Place

- frying oil (grapeseed, peanut or canola)
- 1 1/2 cups cabbage
- 2 medium tomatoes
- 2 limes
- 1 lb halibut (or other firm, white fish)
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 12 corn tortillas
- 1 cup all-purpose flour (approx.)

Frying the Fish and Assembling

To cook the fish, make sure the oil is at 375 degrees Fahrenheit. Heat a fry pan over medium heat to warm the tortillas.

It's best to work in batches, cooking a few tacos at a time. Dredge a couple of pieces of fish in the flour, shaking off any excess. Coat the fish with the batter and carefully place each piece into the oil. Fry until golden, about 2 minutes or so, depending on the thickness of the fish.

Meanwhile, warm both sides of the tortillas in the fry pan. Keep an eye on the fish – you may need to turn it over to ensure it is golden on both sides.

Once the fish is cooked, remove it with a spider and drain briefly on a plate lined with paper towels. Season each piece of fish with a bit of salt and immediately start to assemble the tacos.

Place a bit of lettuce and cabbage on the bottom. Top with a couple of slices of tomato, along with a piece of fish. Add a squeeze of lime, a spoonful of Salsa Verde and a sprig of fresh cilantro. Serve immediately.

Step 3: Frying the Fish and Assembling

- 1/2 bunch cilantro (for garnish)
- 1 1/2 cups Salsa Verde de Lupita (Rouxbe recipe)
- sea salt (to taste)