

Quick & Easy Soft Fish Tacos



TIP: These fish tacos are made with fresh cod fillet, but any fish fillet will work. The fish is spiced mildly with garlic powder, ground cumin and just a dash of salt. Chopped cilantro, sliced avocado, sour cream and a shot of balsamic (or any) vinegar and hot sauce go great with this soft taco, though you can certainly make it without them.

Preparation Time: 5 minutes

Cooking Time: 5-10 minutes, depending on type of fish

Ingredients (for 1-2)

1/2 Pound of Fish Fillet

Garlic Powder

Ground Cumin

Salt

Olive or Vegetable Oil

1 Lime (or lemon)

1 Large Tortilla (I'm using a multigrain tortilla, but any tortilla will work)

Grated Cheese (I'm using a Mexican cheese mix, but any cheddar type cheese will work)

Handful Fresh Cilantro (optional, but adds a lemony herb flavor that compliments cumin)

1/2 Ripe Avocado (optional, but adds both creamy flavor and texture)

Balsamic (or your favorite) Vinegar (optional, but adds sweet & sour flavor)

Sour Cream (optional - I used fat free sour cream, but any sour cream will work)

Hot Sauce (optional)



Equipment

- 10-12 Inch Frying Pan
- Spatula
- Plastic Bag
- Large Sharp (Chef's) Knife
- Small Sharp (Paring) Knife
- Cutting Board
- Microwave Oven



1. Use a small (paring) knife to cut a **lime** (or **lemon**) in half.



2. Rinse and shake dry a **handful of fresh cilantro** (1). **Cilantro stems** are usually soft, but if yours are tough, pinch off the thicker stem sections as shown (2). Then...



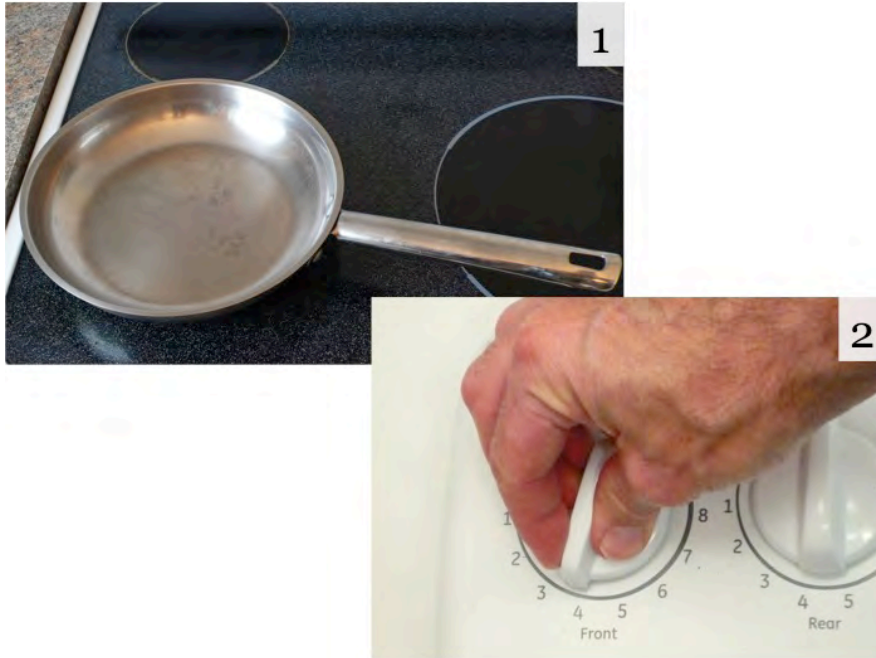
...gather and bunch the **cilantro** as shown in (3) & (4), and...



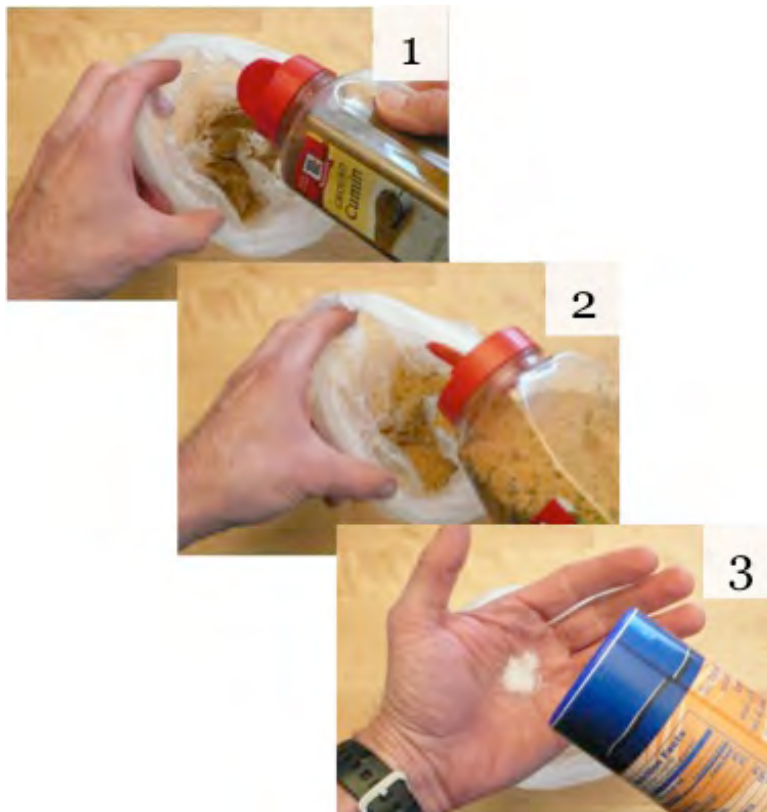
...chop as shown in photos (5) - (7).



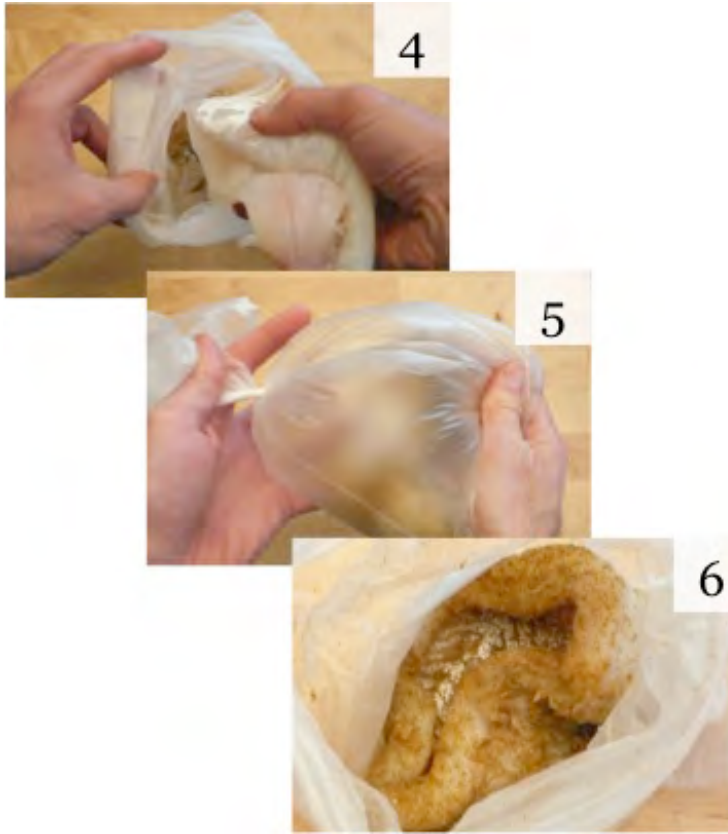
3. Put the the frying on the stove (1), and turn on the burner heat to MEDIUM (2).



4. While the pan warms, add about as much **ground cumin** (1), **garlic powder** (2), and **salt** (3) to a plastic bag as shown, and...



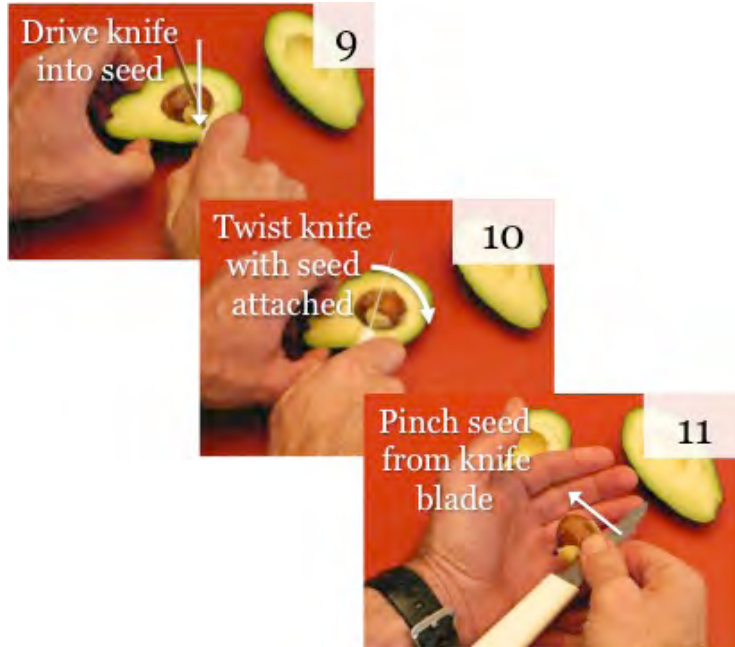
...put the **fish** in the plastic bag (4), twist the top of the bag closed and shake (5) until the **fish** is evenly coated as shown in (6). Leave the **fish** in the bag, and...



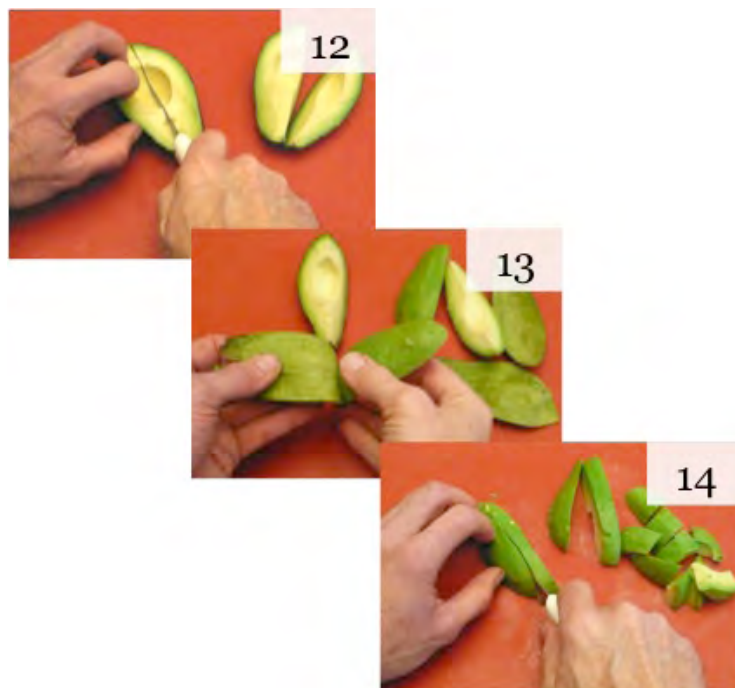
...prepare the **avocado** by cutting it in half and twisting the two halves apart (7 & 8),...



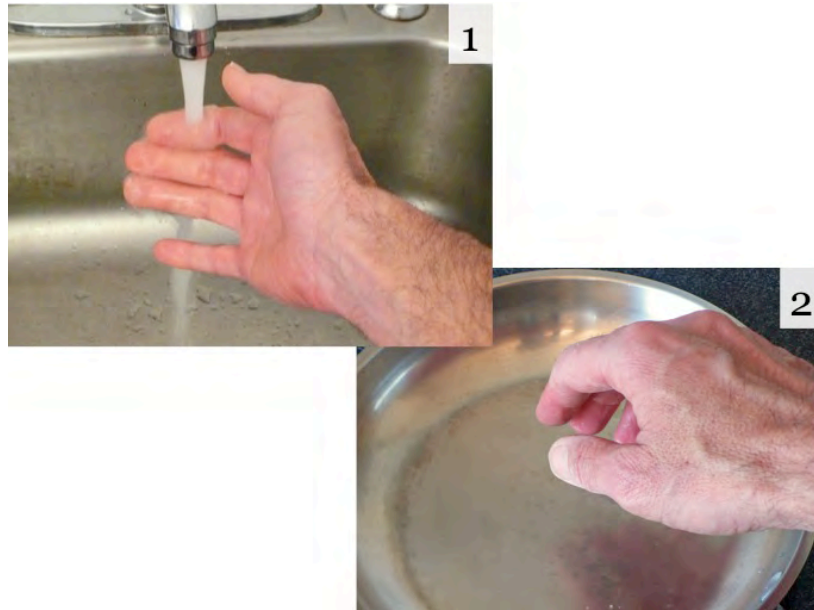
...making sure your fingers are out of the knife path and driving the flat sharp edge of a knife into the seed (9). Remove the seed from the **avocado half** on the knife edge (10). Remove the seed from the knife by pinching from the *back of the blade* as shown in (11). Then finish by...



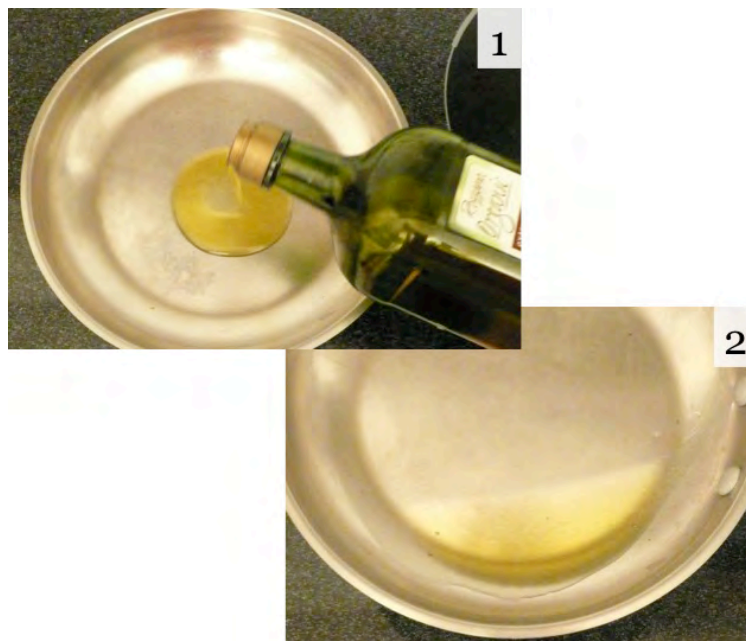
...cutting the **avocado half** in half again (12), peeling off the skin (13) and cutting slices 1/4 - 1/2 inch wide (14).



5. Check the frying pan for proper cooking temperature by running tap water on your fingers (1) and flicking the water in the pan (2). The pan is ready for cooking if the water sizzles when it hits the pan surface and quickly evaporates. (NOTE: If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the heat setting a few notches on the burner you originally used, and heat the pan again. If the water doesn't sizzle, keep heating the pan until it does.)



6. Pour enough **olive** or **vegetable oil** into the pan to coat the pan surface evenly (1) and also allow for slight pooling when the pan is tipped as shown in (2).



Place the **fish** in the pan (3), cook for 3-5 minutes (or longer, depending on fish type and thickness) until the bottom side is browned as shown in (4). Then...



...turn the **fish** as shown in (5 & 6), squeeze on the **juice** of **1 lime** or **lemon** (7), cook for another 3-5 minutes, and...



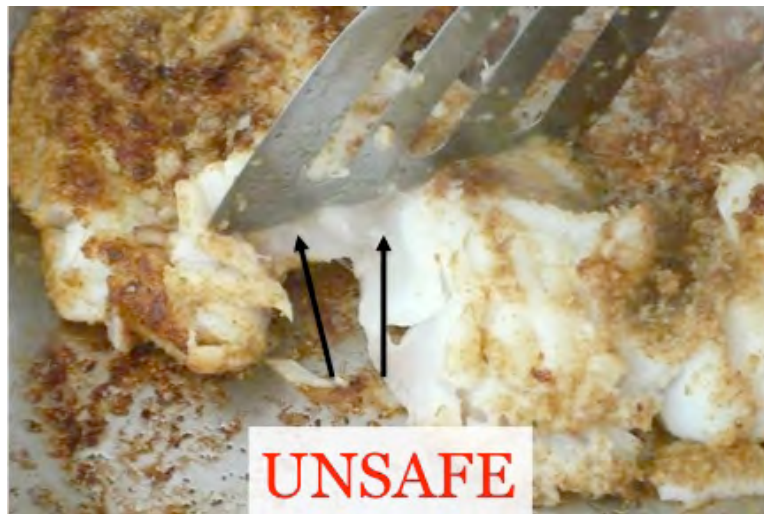
...check for doneness as shown in the following **DONE** and **UNDERCOOKED** photos.

DONE



Fish is cooked to proper doneness when the flesh inside is uniformly opaque as shown above.

UNDERCOOKED



This fish is NOT safely cooked through as it is still translucent inside. If your fish looks like this, keep cooking until it looks as shown in the DONE photo above.

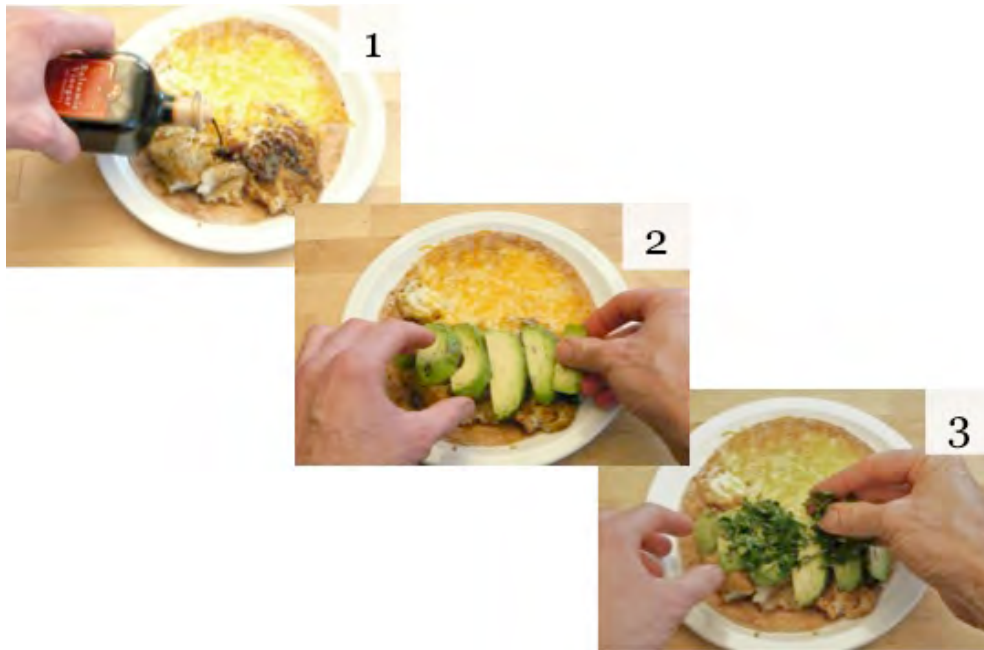
7. When the **fish** is properly cooked to doneness, put a **tortilla** on a plate (1), scoop the **fish** onto half the **tortilla** (2), and cover the other **half of the tortilla** with **grated cheese** (3). Then...



...put the **tortilla** in the microwave oven (4), and cook for about 1 minute (5) until the **cheese** has melted as shown in (6).



8. Finish the **fish taco** by adding a **shot of balsamic (or any) vinegar** (optional) (1), **sliced avocado** (2), and **chopped cilantro** (3) to the the **fish**. Then...



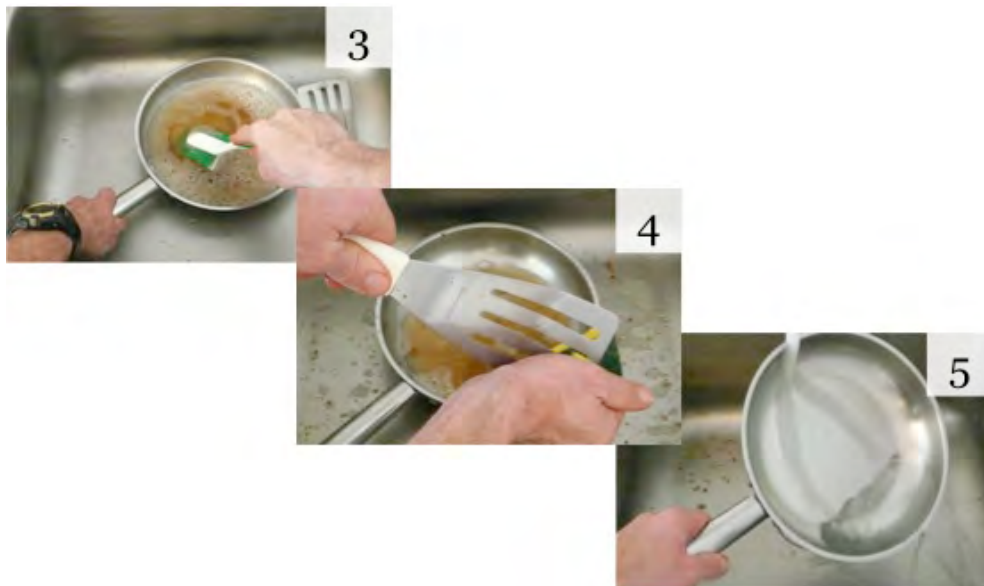
...fold the **tortilla** as shown in (4) and top with an optional **spoonful of sour cream** (5) and **hot sauce** (6).



9. To make cleanup as easy as possible, let the pan cool for a few minutes. Then add warm tap water and squirt of dish detergent to the pan (1), and let the pan sit with the spatula in it, if necessary, for at least 10 minutes (2). After at least 10 minutes,...



...finish cleaning the pan and spatula with a dish brush (3) and/or sponge (4), and rinse clean (5).



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