

01/24/12 - Fish Tacos

A mild grilled taste mixed with the flavor of roasted corn and bite of pico de gallo, all enlivened with a splash of fresh lime juice, I love fish tacos. Living in Southern California one becomes acquainted with fish tacos as part of the local cuisine. My oldest son recounts his first time eating fish tacos right on the beach in Baja California on a surfing trip. I don't know if it is safe any longer to go to Baja to surf and sleep on the beach, but tacos have migrated off the beach into the coastal cities. Now we can buy them right down on the corner from our home at the glatt kosher Fish Grill restaurant on the corner of Pico Boulevard and Beverwill, just a stone's throw from Beverly Hills. Fish Grill is packed with kosher and non-kosher diners, the fish tacos are fantastic for lunch.

Did you ever get a craving for something? I purchased some fresh halibut the other day and instead of serving it as a plated dinner with vegetables and rice, I thought why not make my own fish tacos. I have been trying to take off a few pounds like everyone else since the indulgences of the Holiday season and fish tacos are a wonderful healthy dinner, as long as the tortillas are not fried and you don't use any tartar sauce or avocado cream, or anything else masking mayonnaise as a sauce.

For a fun lunch or dinner

Serves 3 to 4

1/ 2 of large cabbage

3 Roma tomatoes

1/ 2 of a large Spanish brown skinned onion

1 Jalapeño pepper

1 bunch cilantro, washed and dried

1 tablespoon fresh lime juice
1 1/ 2 pounds of halibut, Mahi-Mahi, cod or other firm white fleshed fish filet (no bones)

Salt and Pepper

Oil cooking spray

8 to 10 corn tortillas (white or yellow corn)

1 to 2 avocados



Wash and dry cabbage. With a very sharp knife, slice cabbage into thin shreds. Cut shreds into manageable pieces and place cabbage in a bowl. Set cabbage aside and make Pico de Gallo next. Dice Roma tomatoes into a small dice and place in a medium bowl. Dice onion to a similar small size or smaller than tomatoes. Add onions to tomatoes. Mince jalapeño pepper taking care not to touch your hands to your face with chili on them. Mince cilantro and add it to the pico de gallo bowl. Dress pico de gallo with lime juice and salt if you wish.





Next, cut halibut into slices easily maneuvered on the grill. Season fish with salt and pepper. Heat indoor grill, barbecue, or grill pan on high heat. Spray fish with natural oil non-stick spray. Place fish slices on grill and grill until just cooked, turning only once. While fish is grilling, slice avocados into slices or chunks and place in a medium bowl. You could mash the avocados into guacamole if you



When ready to serve, heat tortillas over an open flame, holding with tongs or you can heat tortillas on a 'komal' or flat grill, like a pancake pan. To assemble, fill one tortilla with fish, shredded cabbage, sliced avocado, and pico de gallo. Give taco a



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