

Baja Fish Tacos

with Cabbage Salsa

(adapted from *Tequila: The Book*, by Ann and Larry Walker)

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INGREDIENTS

Fish

- 1 1/2 pounds Pacific halibut, farmed striped bass, mahi mahi or other firm, sustainable fish
- 1/2 cup flour or breadcrumbs
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 teaspoon ground black pepper
- 4 cloves garlic, minced
- 1/2 cup milk
- 4 tablespoons olive, canola or corn oil
- 12 corn tortillas (handmade are best)
- Dash of cayenne pepper

Salsa

- 1 small head of cabbage
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon tequila
- 1 teaspoon oregano, crumbled
- 1 large tomato, diced
- 1 canned jalapeno chili, minced
- Juice of 1 orange and 1 lime

TIP

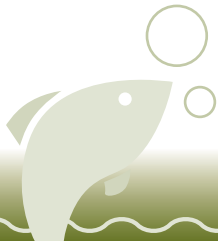
If you don't have time to make the cabbage salsa, use any good salsa, a little sour cream and a squeeze of lime.

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PREPARATION

1. Remove the tough outer leaves of cabbage and shred the head into a large bowl. Add remaining salsa ingredients and stir. Set aside for at least 30 minutes while you make the fish.
2. Cut the fish into strips 1 inch wide. Combine the flour, salt, cumin, black and cayenne peppers in a shallow bowl. Pour milk into another shallow bowl. Dip the fish in the milk and toss the fish in the flour mixture.
3. Heat the oil in a skillet over high heat. When the oil is hot, add the fish and fry, turning once, until it is golden brown on both sides (this takes only a few minutes). Toss in the garlic as the fish fries. Remove fish and dry on paper towels.
4. Warm the tortillas in foil in the oven or in a dry skillet on the stovetop.
5. Serve the tortillas in one bowl, the fish in another and the cabbage salsa in a third.

Serves 6.



*Did You
Know?*

In 1996, the North Atlantic swordfish was in trouble. But by 2002, after a consumer campaign to “Give Swordfish a Break” and the closure of swordfish nursery areas to longline fishing, the population recovered to 94 percent of healthy levels.