

Crispy Fish Tacos with apple slaw and lemony tartar sauce

Makes 4 tacos, 1 1/4 cups slaw, 2/3 cup tartar sauce; Total time: 1 hour

FOR THE SLAW—

WHISK TOGETHER; TOSS WITH:

- 2 T. fresh lemon juice
- 1 t. olive oil
- 1 t. sugar
- 1/2 cup green cabbage, shredded
- 1/4 cup carrot, shredded
- 1/4 cup red onion, sliced
- 1/4 cup Granny Smith apple, cut into matchsticks
- 1/2 jalapeño, seeded, thinly sliced
- Salt to taste

FOR THE TARTAR SAUCE—

COMBINE:

- 1/2 cup mayonnaise
- 2 T. sweet pickle relish
- 1 T. capers
- 1 T. fresh lemon juice
- 2 t. prepared horseradish
- 1 t. lemon zest, minced

FOR THE TORTILLAS—

COAT WITH NONSTICK SPRAY:

- 4 corn tortillas (5")

FOR THE FISH—

WHISK TOGETHER; ADD:

- 1/2 cup all-purpose flour
- 1 t. table salt
- 1/2 t. baking powder
- 1/2 cup club soda
- 1 T. Tabasco
- 1 cup panko crumbs

HEAT:

Vegetable oil

DIP, COAT, THEN FRY:

- 6 oz. cod, or other firm white fish, cut into 8 pieces

SERVE AND GARNISH WITH:

Coconut Mango Rice, *right*

Lemon wedges

Fresh cilantro sprigs

Whisk the first 3 ingredients for the slaw together in a dish. Drizzle dressing over remaining slaw ingredients, cover, and chill.

Combine all ingredients for the tartar sauce in a bowl; cover and chill.

Coat both sides of tortillas with non-stick spray. Heat a large skillet over medium; cook tortillas 1–2 minutes per side, or until lightly browned. Drape over a foil-wrapped rolling pin (or soda cans) to curl the tortillas into a taco shape. (The foil prevents the oil from staining a wooden rolling pin.)

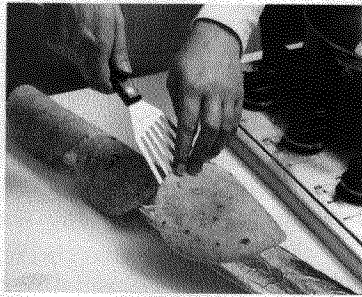
Whisk flour, salt, and baking powder together for the fish. Add club soda and Tabasco; whisk until combined (it will be a little lumpy). Spread panko in a shallow dish.

Heat 1/2" oil to 375° (see Basics, Page 30) in the skillet used for the tortillas.

Dip fish pieces into batter, then dredge in panko, shaking off excess.

Fry the fish in oil in batches until brown, 1–2 minutes per side; drain on a paper towel-lined plate. To assemble tacos, place slaw in the tortillas, then top with fish and tartar sauce.

Serve with coconut rice, and garnish with lemon and cilantro.



Coconut Mango Rice

Makes 2 cups; Time: 30 minutes

BRING TO A BOIL; SIMMER:

- 1/2 cup each of long-grain white rice, water, and coconut milk
- 1 T. sugar
- Pinch of salt

STIR IN:

- 1/2 cup mango, peeled, pitted, diced
- 2 T. fresh cilantro leaves
- Juice of 1/2 a lime

Bring rice, water, coconut milk, sugar, and salt to a boil in a saucepan over medium-high heat. Reduce heat to low, cover, and simmer until tender, 15–20 minutes. Off heat, let stand (covered) 5 minutes; fluff with a fork. **Stir in** mango, cilantro, and lime juice just before serving.

Per cup: 312 calories; 35% calories from fat; 12g total fat; 48g carb.; 10mg sodium; 1g fiber; 5g protein

Per two tacos: 704 calories; 52% calories from fat; 42g total fat; 62g carb.; 1138mg sodium; 5g fiber; 22g protein