

# Crispy Fish Tacos with apple slaw and lemony tartar sauce

Makes 4 tacos, 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 nonstick 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.)

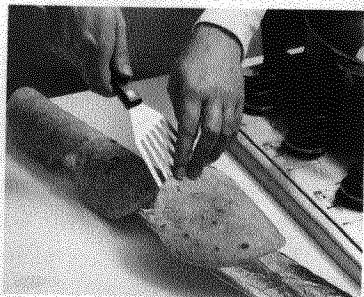
**Whisk** flour, salt, and baking powder together for the fish. Add club soda and Tabasco; whisk until combined (it will be a little lumpy). Spread panko in a shallow dish.

**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