

# *Idiot's Kitchen Recipe – Fish Tacos*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



## Ingredients:

- 1 pound cod or other light whitefish
- 1 cup flour
- 1 Tablespoon chili powder
- 1 Tablespoon cumin
- 2 eggs, lightly beaten
- Salt & Pepper
- 1 cup Panko breadcrumbs
- Vegetable Oil
- Small taco-sized flour tortillas

## Suggested additions/toppings include:

- 1 (14 ounce) can of black beans
- ½ cup sour cream (or mayonnaise)
- 1 small chipotle pepper, finely chopped
- 1 avocado, cubed
- 1 mango, cubed
- Shredded cabbage or lettuce
- Queso Fresco (crumbled Mexican style cheese) or other grated cheese
- Lime wedges
- Hot Sauce and/or Salsa

Cut 1 pound of fresh cod into small taco-sized pieces. Prepare a breading station by assembling 3 shallow bowls: one bowl for 1 cup flour + 1 T chili powder + 1 T cumin, one bowl for 2 eggs beaten with salt & pepper, and one bowl for 1 cup of Panko breadcrumbs. Working in small batches, coat the fish pieces in the seasoned flour, then dip into the egg mixture, and finally coat thoroughly in the Panko breadcrumbs.

Heat ½ inch of vegetable oil over medium high heat in a medium sized pan with high sides. Test the heat of the oil with a few crumbs from the topping. When they sizzle but do not burn, working in small batches, carefully add the fish to the hot oil. Turn to cook on all sides – about 3-4 minutes, then drain on paper towels.

Assemble a taco bar of your favorite toppings. Heat up a can of black beans in the microwave. I like to include fresh toppings like cubed mango, diced avocado, and shredded cabbage or lettuce. For a spicy sauce, combine ½ cup sour cream (or mayo) with 1 small finely chopped chipotle pepper. Offer other varieties of hot sauce or salsa. Mexican queso fresco, a lightly flavored crumbly cheese similar to feta, or other grated cheese is a good topping. Garnish with lime wedges to squeeze over the hot fish.

Serve in small, taco-sized flour tortillas that have been heated in a small dry pan.

Serves at least 4 but can be adjusted for any number.