

During this Lenten season it seems we are all looking for delicious and simple meatless recipe. Last Friday we made fish tacos. These are traditional west coast tacos dressed with a spicy cabbage slaw and were simple to make and quite tasty. We used the Galena Garlic Company Cajun Blackening Blend for the marinade.

Russ' Fish Tacos

1 ½ pound white fish cut into 4 ounce portions (I used Cod but Tilapia, Grouper, or Mahi Mahi will work just as well)

Marinade for the fish

1 T Galena Garlic Company Cajun Blackening Blend

¼ cup oil

2 tsp. lime juice

2-3 T chopped fresh cilantro (or 2 tsp. dried cilantro or parsley)

Mix together the oil, lime juice, cilantro, and the Galena Garlic Company Cajun Blackening Blend. Pat fish dry and place in a shallow baking dish. Pour the marinade evenly over the fish; turn the fish to coat both sides. Place the dish in the refrigerator for 15 to 20 minutes.

While the fish is marinating, prepare the slaw.

Spicy Taco Slaw

½ cup plain yogurt (low fat sour cream can also be used)

½ cup mayonnaise

1 T lime juice

1 tsp. capers, chopped

½ tsp. dried oregano

½ tsp. dried dill weed

½ tsp. cumin

½ to 1 tsp. cayenne pepper

3 cups shredded cabbage

Mix together all of the ingredients except the cabbage. Pour the dressing over the cabbage and mix thoroughly. The slaw will be wetter than a normal slaw.

Now it is time to cook the fish.

Heat a grill pan or skillet to medium high heat. Remove the fish from the marinade and shake off the excess oil, place the fish into the pan. Sprinkle each piece of fish with a little more of the Galena Garlic Cajun blend. Cook for about 3 minutes and flip the fish over. Cook about 3 more minutes or until the fish is flaky and done. Remove from the pan and break the fish into large chunks.

Assemble the Taco

Warm 12 – corn or flour taco size tortillas.

Place about ¼ C of the slaw on each tortilla

Place a few fish pieces (about 2 ounces) on top of the slaw

Garnish with fresh avocados, chopped tomatoes and/or salsa.

Fold into a taco and enjoy.

Pairing

We typically would not recommend a wine to pair with spicy food, but the HD Riesling, a German Riesling, stands up well. The spicy Riesling compliments the spiciness of the fish. Spicy food is meant to be served with beer and for that we recommend the Chimay Grand Reserve, a Belgian style ale.