

Ensenada Style Fish Tacos

Fish

1 cup of white flour
1 cup of masa (or Maseca –corn flour)
1 1/2 teaspoon of baking powder
1/2 teaspoon ground garlic (*optional*)
1/4 teaspoon of chile powder (*optional*)
1/2 teaspoon of mustard powder
1/2 teaspoon of ground oregano
1 teaspoon of salt
1/2 teaspoon of ground pepper
1 bottle of cold beer (you may want to have more on hand for later ☺)
2 pounds of white fish in filet (e.g. tilapia)
24 corn totillas
Oil for frying

Cream

1/2 cup of Mexican cream
1/2 lime juice
1 can of condensed milk

Pico de Gallo and Cabbage (Note: What Americans usually call “salsa”, Mexicans know as “pico de gallo”)

5 red tomatoes, chopped
1 bunch of cilantro, chopped
1 red onion, chopped
2 serrano or jalapeño chiles, chopped
salt to taste
1 lemon juice
1 cabbage, shredded

Instructions:

Cream: Mix the cream and the lime juice. Add the condensed milk to obtain the necessary consistency – not too thick, not too liquidy.

Pico de gallo and cabbage: Shred the cabbage. In a separate container, combine the remaining ingredients for the pico de gallo and add salt to taste.

Fish

1) Combine the flour, corn meal, baking powder, ground garlic, chile powder, mustard, oregano, salt, and pepper until mixed well. Add the beer to the mixture until fluid consistency. If too thick, could add more beer or more water as necessary
2) Cut fish in to strips about 1” by 3”, the size of a tortilla. Add oil to the pan, sufficiently to cover the fish. Heat the oil at medium or high.
3) Add the fish to the batter, ensuring to cover completely then add to the hot oil. Fry several pieces at a time until golden brown.
4) Place fried fish on a wire rack to drain excess oil. Alternatively place paper towels on a platter or tray.
5) To serve on a tortilla – place fish on the tortilla, squeeze lime juice on the fish, add cabbage with pico de gallo and drizzle with cream.

Good complement to the tacos:

- Add your favorite chile sauce (e.g. red or tomatillo) to the top of the tacos.
- Fry several yellow chiles in the oil. Let them rest. You may choose to lightly salt them, but this part is optional. Yellow chiles are typically very mild in heat, though occasionally, some may be hotter than jalapeños.
- Remember the suggestion of the additional beer? ☺