

Fish Tacos with Savoy Slaw, Chipotle Cream & Mango Black Bean Salad

Serves 4:

Ingredients

Savoy Slaw:

1 small savoy cabbage
1/2 medium red onion, finely chopped
1/2 large jalapeno, minced
1/4 cup white vinegar
1 tablespoon honey
1/4 cup canola oil
kosher salt and freshly ground black pepper

Fish Taco Marinade:

1 lime, juiced
1/2 large jalapeno, minced
2 garlic cloves, pressed
1/2 teaspoon smoked paprika
1/4 cup canola or grapeseed oil
kosher salt
1 1/2 pounds cod, scrod or halibut

Mango Black Bean Salad:

2-15 ounce cans of black beans
1 yellow or orange bell pepper, seeded and finely chopped
1/2 medium red onion, diced
3 or 4 ripe plum tomatoes, seeded and diced
1 large ripe mango, pitted and diced
2 tablespoons chopped cilantro (or parsley)
1 to 2 limes, juiced
kosher salt and freshly ground black pepper

Chipotle Cream:

1 chipotle in adobo
1/4 cup sour cream
1/4 cup mayonnaise
1/2 lime, juiced
kosher salt

1 ripe avocado, thinly sliced

Preparation

Make Savoy Slaw: thinly slice a small head of savoy cabbage until shredded and place in a large bowl. Finely mince 1/2 medium red onion, 1/2 jalapeno (which has been seeded) and toss it with cabbage. Add white vinegar, honey, canola oil, and kosher salt and freshly ground black pepper. Toss all ingredients together well--preferably with your (clean) hands--and set aside.

Make Fish Marinade: in a shallow pie plate, combine lime juice, jalapeño, garlic, and smoked paprika. Add a pinch of kosher salt, and neutral oil, like canola or grapeseed. Cut fish fillets into strips and add to marinade, turning to coat well. Let stand, turning once or twice, for 20 to 30 minutes.

Make Mango Black Bean Salad: drain cans of black beans in a strainer, rinse and place in a large bowl. Finely chop bell pepper, red onion, and plum tomatoes that have been seeded. To dice mango, stand mango on its end and cut off each half, avoiding the large flat pit in the middle. Use the point of a sharp knife to cross-hatch the flesh in each of the mango halves; cut fruit from skin. Toss black beans with vegetables and mango, add chopped cilantro and juice of 1 to 2 limes. Taste and season with kosher salt and freshly ground black pepper. Set aside to rest until ready to serve. Toss again, taste, and adjust seasoning if necessary.

Make Chipotle Cream: in blender, mix chipotle with sour cream, mayonnaise, salt, and lime juice. Blend, taste, and adjust seasoning--if it's too hot, add a bit more sour cream or mayo. Not hot enough? Add more chipotle!

Heat up a charcoal or stovetop grill pan and brush with oil. Remove fish strips from marinade and place on hot grill. Cook undisturbed for 3 to 4 minutes, turn and cook for 2 to 3 minutes longer. Fish should be just cooked through but not overcooked.

Over an open flame, char flour or white corn tortillas until charred and puffed. Alternatively, you can warm them in a microwave--just place a damp paper towel on top to keep moist. Wrap tortillas in a towel to keep warm.

Plate fish and serve alongside sliced avocado and the bowls of slaw, bean salad and chipotle cream. Pass the tortillas and have a blast!