

Ballard County, Region 1: "Pan Pals"

Tropical Fish Tacos

Blackened Catfish:

1.5 lbs Tilapia filets
1 ½ Tsp Paprika
1 Tsp – Dried Oregano
1 Tsp – Onion Powder
½ Tsp – cumin
½ Tsp – salt
½ Tsp – brown sugar
¼ Tsp – Cayenne Pepper
2 Tbsp – olive oil
12 – Flour Tortillas

Slaw:

½ - Red Cabbage, sliced thin
¼ - Green Cabbage sliced thin
½ - medium-sized onion, diced
½ cup – Cilantro
Juice of 1 lime

Avocado-Cilantro Sauce:

½ cup – low fat Sour Cream
1 ripe avocado, pitted and skinned
¼ cup – Cilantro chopped
Juice of 1 lime
1 Jalapeno, chopped and seeded
Salt, to taste

Mango Strawberry Salsa:

½ medium diced Red Onion
1 small seeded & diced jalapeno pepper
¼ cup – Cilantro chopped fine
Juice of 1 lime
2 Ripe diced mangos
1 cup diced Ripe Strawberries
2 Tbsp – Local Honey
Salt, to taste

Directions:

In a small bowl, combine the smoked paprika, garlic powder, dried oregano, onion powder, cumin, salt, brown sugar, and cayenne pepper. Sprinkle the mixture over both sides of your Tilapia fillets, and then rub the seasonings in.

Combine all of the Avocado-Cilantro sauce ingredients in a food processor or blender. Pulse until well-combined.

In small bowl, combine all salsa ingredients and let set until tacos are ready to serve. Place in refrigerator until serving.

Combine all of the slaw ingredients in a large bowl and mix well.

Heat the oil in a heavy-bottomed pan over medium-high heat. Once heated, add in the catfish (a few at a time if you can't fit them all at once). Cook for 4-5 minutes on each side, or until the outside is blackened and the fish flakes apart easily.

Remove the fish from the heat, and if desired, warm the corn tortillas in the same skillet over medium heat, cooking for about 30 seconds on each side.

Break up the catfish into 2-3" pieces. Stack the tortillas in twos. Distribute the fish evenly between the 6 sets of tortillas and top with slaw and avocado-cilantro sauce. Serve