

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Cajun Fish Tacos with Cilantro Slaw

Catfish is to Cajuns as a hamburger is to everybody else, maybe. Make tacos out of this fish and you've got tasty, poor-man's fusion cuisine!

*1 lb catfish filets (or other white fish)
2 Tbsp extra-virgin olive oil
2 Tbsp fresh lime juice
2 Tbsp Cajun or Creole Seasoning
(Chachere's, Zatarain's)
½ tsp cayenne powder (optional)
freshly ground black pepper
½ cup light sour cream
2 Tbsp Ranch dressing powder*

*2 tsp cider vinegar
2 tsp fresh lime juice
3 Tbsp minced cilantro
2 pinches kosher salt
1 pinch ground black pepper
2 cup shredded cabbage (green & red)
8-10 soft flour tortillas, warmed
tropical fruit chutney and medium salsa
lime wedges*

Cut fish into pieces about 1-1½ inches in size and place in a glass bowl. Whisk together oil, lime juice, seasoning, cayenne and black pepper. Pour over fish and toss to coat; cover and let stand for 20 minutes to marinate.

In another bowl, mix together sour cream, dressing powder, vinegar, lime juice, cilantro, salt and pepper. Add cabbage and stir to coat; refrigerate until ready to serve. Heat grill for medium-high, direct heat and spray with non-stick spray. Remove fish from marinade. When grill is ready, grill the fish, turning once, for 3 minutes per side.

Build a taco by placing a few fish pieces on a warmed tortilla, then adding chutney and salsa as you prefer. Top with slaw, extra cilantro, and squeeze on some lime juice. Eat until just before you explode...

Yield: Four servings

Preparation time: 15-20 minutes

Cooking time: 10 minutes

