

# Quick & Easy Fish Tacos



**TIP:** The fish taco you see here was made with fresh cod fillet, but any fish fillet will work. Briefly, to make this fish taco, the fish is first shaken in a bag with ground cumin, garlic powder and a dash of salt, then cooked quickly in a splash of olive oil. The cooked fish then goes on a tortilla along with grated cheese. The tortilla is warmed quickly in the microwave, then topped with a shot of balsamic vinegar, sliced avocado, chopped fresh cilantro, a fat spoon of fat free sour cream or nonfat plain Greek yogurt and a good shot of hot sauce. As always, though, your imagination and personal taste are your only limits.

**Preparation Time:** 5 minutes

**Cooking Time:** 5-10 minutes, depending on type of fish

### **Ingredients**

(for 1-2)

**1/2 Pound of Fish Fillet**

**Garlic Powder**

**Ground Cumin**

**Salt**

**Olive or Vegetable Oil**

**1 Lime (or Lemon)**

**1 Large Tortilla** (I'm using a multigrain tortilla, but any tortilla will work)

**Grated Cheese** (I'm using a Mexican cheese mix, but any cheddar type cheese will work)

### **Optional Ingredients**

**Handful of Fresh Cilantro** (adds a lemony herb flavor that compliments cumin)

**1/2 Ripe Avocado** (adds both creamy flavor and texture)

**Balsamic** (or your favorite) **Vinegar** (adds sweet & sour flavor)

**Sour Cream** (I'm using fat free sour cream, but any sour cream or plain yogurt will work)

**Hot Sauce**



## Equipment

10-12 Inch Frying Pan

Spatula

Plastic Bag

Large Sharp (Chef's) Knife

Small Sharp (Paring) Knife

Tablespoon



## Cutting Board Microwave Oven



1. Cut a **lime** (or **lemon**) in half.



2. Rinse **a handful of fresh cilantro** with cold water and twist and tear the **stem bottoms** from their **leafy cilantro tops**.

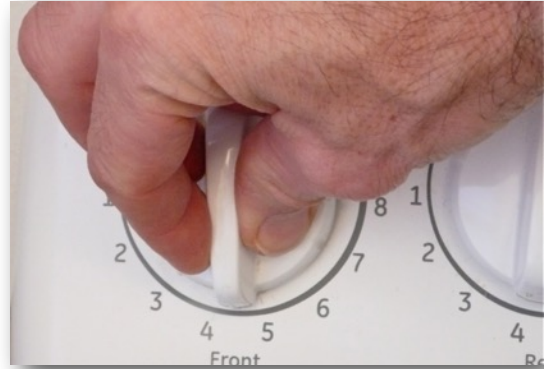


Hold the **cilantro** to the cutting board with curled fingers and chop it into smaller pieces about as shown in the picture below right.



3. Put the the frying on the stove, and turn on the burner heat to MEDIUM heat.





4. While the pan warms, add a good shake of **ground cumin** and **garlic powder** and **light dash of salt** to a plastic bag, and...



...put the **fish** in the plastic bag, twist the top of the bag closed and shake until the **fish** is evenly coated as shown in the bottom middle picture below.



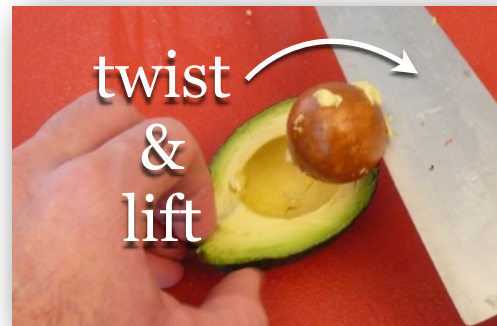
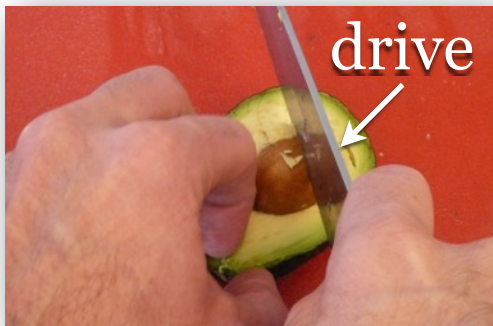
5. Cut a **ripe avocado** in half lengthwise around its **seed**, and twist the **two avocado halves** apart.



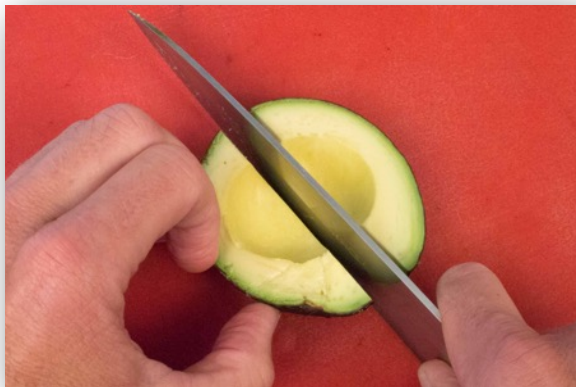
Remove the **seed** by holding the **avocado half** with the **seed** still attached seed side up on the cutting board - making sure your fingers are not in the intended knife path - and driving the long,



sharp edge of the knife blade into the **seed**. Twist and lift the **seed** from the **avocado half**. Remove the **seed** from the knife by pinching down on the **seed** from the back, dull side of the knife blade as shown in the bottom middle picture below.



Cut **one of the avocado halves** lengthwise in half again and peel off the **skin**.





Finish by cutting each **avocado quarter** lengthwise into slices 1/4 - 1/2 inch (6-12 mm) wide.



5. Check the frying pan for proper cooking temperature by running tap water on your fingers and flicking the water in the pan. The pan is ready for cooking if the water sizzles when it hits the pan surface and quickly evaporates. (**NOTE:** If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the heat setting a few notches on the burner you originally used, and heat the pan again. If the water doesn't sizzle, keep heating the pan until it does.)



6. When the pan is warmed, pour enough **olive** or **vegetable oil** into the pan to coat the pan surface evenly and also allow for slight pooling when the pan is tipped as shown in the picture to the right below.



Put the **fish** in the pan, cook for 3-5 minutes (or longer, depending on fish type and thickness) until the **bottom side** is browned as shown in the picture to the right below. Then...



...turn the **fish**, cook for another 3-5 minutes, and...



...check for doneness as shown in the following **Safely Cooked Fish** and **UNSAFELY UNDERCOOKED FISH** photos below.





## **Safely Cooked Fish**

*Fish is safely cooked to proper doneness when the flesh inside is uniformly opaque as shown above.*



## **UNSAFELY UNDERCOOKED FISH**

*This fish is NOT safely cooked through as some of the flesh is still translucent. If your fish looks like this, keep cooking*

*until it looks as shown in the **Safely Cooked Fish** photo above.*

7. When the **fish** is safely cooked to doneness, squeeze on the **juice of 1/2 lime or lemon**. Then,...



...put a **tortilla** on a plate, scoop the **fish** onto **half the tortilla**, and cover the other **half of the tortilla** with **grated cheese**.





9. Put the **tortilla** in the microwave oven, and cook for about 1 minute at HIGH heat or 100% power until the **cheese** has melted as shown in the bottom picture to the right below.



10. Finish the **fish taco** by adding an optional choice or a combination of **shot of balsamic (or any) vinegar**, **sliced avocado**, and **chopped cilantro**. Then...





...fold the **tortilla** in half and top with an **optional** spoonful of **sour cream** and/or **hot sauce**.



11. To make cleanup as easy as possible, let the pan cool for a few minutes. Then add warm tap water and squirt of dish detergent to the pan, and let the pan sit with the spatula in it, if necessary, for at least 10 minutes.



...finish cleaning the pan and spatula with a dish brush and/or sponge, and rinse clean.



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