

Fish Tacos

Serves 4 (about 3 tacos each)

For the slaw:

1 small cabbage, shredded (about 4 cups)
1 small carrot, grated
2 to 3 green onions, thinly sliced
1/2 to 1 whole jalapeño chile, seeded and minced, optional
1 clove garlic, minced
1 tablespoon lime juice
2 tablespoons yogurt or mayonnaise
Raw sugar or honey (optional)*
Salt and pepper

For the fish:

1/3 cup organic all-purpose flour
1/2 teaspoon salt
1 tablespoon of J&J taco seasoning
1 to 1 1/2 pounds snapper, sole, tilapia, rockfish, or catfish
2 tablespoons sunflower oil

To serve:

12 J&J flour tortillas
Torn cilantro leaves
Sliced avocado
Lime wedges
Salsa

Add the shredded cabbage, grated carrot, green onions, and jalapeño (if using). Toss to combine. Whisk together the minced garlic, lime juice, and yogurt. Taste and add a sweetener, salt, and pepper to taste. Pour over the cabbage mix and toss to combine.

To prepare the fish, combine the flour, salt, and taco seasoning in a shallow container. Pat the fish dry, then dredge it in the flour mixture.

Heat the oil in a heavy (preferably cast iron) pan over medium-high heat until the oil is shimmering and flows to coat the entire bottom of the pan. Add the fish to the pan — if cooking multiple fillets, arrange them in a single layer with a little space between. Cook for 2 to 3 minutes per side, carefully flipping once with a spatula, until both sides are golden-brown and the fish is opaque and flakes apart easily in the thickest part. Transfer the fish to a clean plate and flake into large chunks.

Meanwhile, heat the tortillas, on the lowest heat, in a heavy, dry pan with lid, until soft and warm. Wrap them in a clean cloth to keep warm. (Alternatively, wrap them in a clean dish towel and warm them in the microwave for a few seconds.)

Serve the fish on a platter with the tortillas, slaw, cilantro, avocado, lime, and salsa on the side, letting each diner assemble his or her own tacos.