

Chef from the Hood Recipes



Chef:

Felix Macias, Jr. & his wife Karan Macias of Gualala, Northern California

Recipe:

Deaf Fish Tacos!

Ingredients:

Beer batter: 1 cup flour
1 cup of your favorite beer
2 tablespoons cumin powder
red pepper, black pepper
& garlic powder to taste

Creamy 'Crema' Sauce:
1/2 cup mayonnaise
1/2 cup yogurt
1 tablespoon ketchup
a pinch or two of ground chipotle
to add taste & color

Salsa: 6 good-sized ripe tomatoes,
peeled, seeded & diced
1 garlic clove, peeled and minced
1/2 onion, minced
2 tablespoons cilantro leaves, chopped
2 stemmed, seeded & chopped jalapeño
peppers
(Use more jalapeño if you like it hot!)
1/2 teaspoon salt & 1/4 teaspoon pepper
3 ounces seasoned rice vinegar

Garnish: 1 head green cabbage, shredded
& 1 lime, cut into wedges
You'll also need a stack of fresh corn
tortillas

.. Felix says, "There are many types of rockfish. Because
.. many birth only 3 or 4 young per year, they need to be
.. protected. Please follow laws when fishing so these
.. beautiful, delicious fish don't become extinct! When
.. buying fish, use your eyes, nose, fingers and good
.. senses to insure freshness. Fiesta and Pacific sells very
.. fresh fish at a good price. Go there if you are not lucky
.. with fishing!"

.. Make batter, crema & salsa. Prep garnish. Set all aside
.. while you prepare fish. Dip fish in cold water to wash.
.. Then squeeze lemon juice all over the fish. Towel blot
.. fish until it's completely dry before dipping into batter. Put
.. at least an inch of oil into a deep skillet and bring to 375°
.. F. Lower battered fish into oil in a single layer. Do not let
.. pieces touch each other. Cook fish until batter is crispy
.. and golden brown. Drain fried fish on paper towels. Heat
.. corn tortillas in another skillet with a little oil. Fry, drain
.. and blot excess oil. Layer fish, salsa, cabbage and
.. crema on warm tortilla. Top off with a squeeze of lime.
.. Fold tortilla over, eat and repeat until gone!

.. If you don't want to deep fry the fish, you can poach it! In
.. a 10-12 inch frying pan, combine 2 tablespoons fresh
.. lemon juice, 1 small, red hot chile, 2 tablespoons
.. chopped fresh cilantro and 2 cups (or 1 can) chicken
.. broth. Bring to a boil over high heat. Arrange filets in
.. broth, overlapping if necessary. Return broth to boiling;
.. reduce heat, and cover and simmer until fish looks just
.. slightly translucent when cut in thickest part (less than 10
.. minutes). Drain well; break into 1 inch chunks and keep
.. warm. Arrange fish with salsa, cabbage, crema and a
.. squeeze of lime on a fried or warm corn tortilla.