



## Baja Style Fish Tacos

READY IN



50 min.

SERVINGS



8

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup mexican beer dark
- 8 servings pepper black freshly ground
- 2 cups cabbage shredded
- 8 servings corn tortillas
- 1 cup flour all-purpose
- 0.5 teaspoon ground pepper black
- 2 pounds skinned halibut cut into 5 by 1/2-inch strips
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated

- 0.3 cup mayonnaise
- 0.7 cup crema mexicana sour
- 8 servings oil for frying
- 8 servings jalapeño peppers for garnish, optional
- 1 teaspoon salt
- 1 teaspoon salt plus more for seasoning
- 8 servings salt and pepper black freshly ground
- 2 cups tomatillo salsa homemade store-bought for garnish, optional ( or )
- 2 tablespoons water

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- wooden spoon
- kitchen thermometer

## Directions

- Watch how to make this recipe.
- Mix the flour, salt and pepper in a medium bowl. Gradually add in the beer while whisking. Set aside and let the batter rest for 15 minutes before using.
- Add the mayonnaise and crema to a medium bowl.
- Whisk in the lemon zest, lemon juice and water. Season, to taste, with salt and pepper (can be made 3 days ahead, covered and refrigerated).
- In a large skillet, over medium heat, add enough oil to reach a depth of 1-inch.
- Heat the oil until a deep-fry thermometer registers 350 degrees F or when the end of a wooden spoon sizzles when inserted into the oil.
- On a large plate, combine the flour and salt. Season the fish pieces all over with salt and pepper and coat with the flour. Working in batches, dip the fillets in the beer batter and coat

on both sides. Fry in the hot oil until golden brown and cooked through, about 5 minutes.

- Transfer to paper towels to drain.
- Make tacos with the tortillas and fish and top each with cream, shredded cabbage, tomatillo salsa and pickled jalapenos, if desired.
- \*Cook's Note: Crack open a cold Mexican cerveza like a Negra Modelo or a 2 Equis (XX) Amber to make this tasty beer batter, which will change the way you think about fried fish! You can use it for vegetables, too.
- \*\*Cook's Note: Mexican Crema is Mexico's version of creme fraiche and is found at many supermarkets and can easily be substituted with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:51.38, Glycemic Load:14.41, Inflammation Score:-7, Nutrition Score:20.128260964933%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 387.25kcal (19.36%), Fat: 16.21g (24.94%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 28.47g (10.35%), Sugar: 5.18g (5.76%), Cholesterol: 69.91mg (23.3%), Sodium: 948.03mg (41.22%), Alcohol: 1.15g (100%), Alcohol %: 0.47% (100%), Protein: 25.37g (50.74%), Selenium: 59.09µg (84.41%), Vitamin B3: 8.93mg (44.64%), Phosphorus: 378.71mg (37.87%), Vitamin B6: 0.73mg (36.63%), Vitamin D: 5.35µg (35.66%), Vitamin K: 35.05µg (33.38%), Vitamin B12: 1.26µg (21.07%), Potassium: 730.97mg (20.88%), Manganese: 0.31mg (15.47%), Vitamin B1: 0.22mg (14.65%), Folate: 55.7µg (13.93%), Magnesium: 54.88mg (13.72%), Vitamin C: 10.44mg (12.65%), Fiber: 2.91g (11.62%), Vitamin E: 1.73mg (11.5%), Vitamin A: 570.95IU (11.42%), Iron: 1.62mg (8.99%), Vitamin B2: 0.15mg (8.78%), Calcium: 84.1mg (8.41%), Zinc: 0.93mg (6.23%), Vitamin B5: 0.57mg (5.71%), Copper: 0.11mg (5.33%)