



Fish Taco

READY IN



38 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon buttermilk
- ☐ 1 chipotle chile in adobo sauce
- ☐ 1 cup cilantro leaves packed
- ☐ 9 ounces flour all-purpose for kneading and rolling
- ☐ 3 cloves garlic
- ☐ 2 teaspoons ground cumin
- ☐ 1 cup heavy cream
- ☐ 0.3 teaspoon kosher salt

- ☐ 1 teaspoon kosher salt
- ☐ 1.5 teaspoons kosher salt
- ☐ 6 servings lime wedges
- ☐ 2 lime zest
- ☐ 1 tablespoon olive oil
- ☐ 6 servings cabbage shredded red
- ☐ 0.3 cup tequila
- ☐ 1 pound tilapia fillets
- ☐ 0.5 cup cool water
- ☐ 0.3 cup lard
- ☐ 0.3 cup lard

Equipment

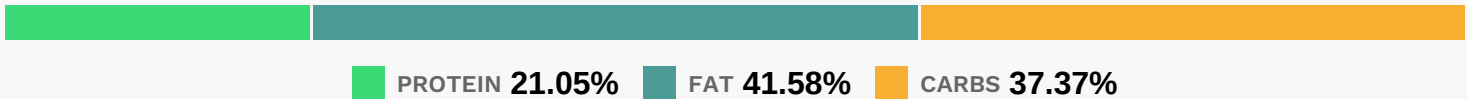
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave
- ☐ kitchen towels
- ☐ rolling pin
- ☐ immersion blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the garlic, cilantro, lime zest, cumin, salt, and pepper in a small food processor bowl and pulse until combined, approximately 20 seconds. With the processor running, add the tequila.
- ☐ Put the tilapia fillets into a 1 gallon resealable bag, add the garlic mixture and move around to coat each fillet. Set aside at room temperature for 15 to 20 minutes.
- ☐ Heat an electric nonstick griddle to 375 degrees F.

- ☐ Brush the griddle with the olive oil. Cook the fillets until just cooked through and opaque about 3 to 4 minutes per side.
- ☐ Cut into strips and serve in warm tortillas with crema, shredded red cabbage and lime wedges.
- ☐ Combine 9 ounces flour and salt in the bowl of a food processor and pulse 2 to 3 times.
- ☐ Add the lard to the flour mixture in 4 to 5 chunks and pulse 10 to 15 times until the mixture resembles coarse crumbs. With the processor running, add the water in a steady stream just until a ball of dough begins to form, approximately 30 seconds.
- ☐ Sprinkle the remaining 1/4 cup of flour on a clean surface.
- ☐ Remove the dough from the bowl of the processor and knead until well incorporated and less sticky. Wrap the dough ball in plastic wrap and let it rest at room temperature for 1 hour.
- ☐ Evenly divide the dough into 8 pieces and form them into round balls.
- ☐ Roll each ball into 7-inch rounds with a rolling pin on a lightly floured surface. Keep all of the dough balls covered with a tea towel.
- ☐ Heat an electric nonstick griddle to 375 degrees F.
- ☐ Put the tortillas, 2 to 3 at a time, onto the griddle and cook until light golden, about 4 minutes per side. Can be held for up to 2 hours, at room temperature, wrapped in a barely damp tea towel. Repeat with the remaining tortillas. Microwave for 1 minute in the damp tea towel to reheat.
- ☐ Put the heavy cream in a 16-ounce microwave-safe glass jar. Microwave on high until the cream is just under 100 degrees F, about 30 to 40 seconds.
- ☐ Add the buttermilk, close the jar, and store in a warm place for 24 hours. The cream will have thickened to the consistency of thin yogurt.
- ☐ Add the chipotle chile and salt and process with an immersion blender, in the jar, until smooth, approximately 20 seconds. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:52.67, Glycemic Load:24.31, Inflammation Score:-7, Nutrition Score:16.694782443669%

Flavonoids

Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg, Cyanidin: 2.1mg Hesperetin: 10.03mg, Hesperetin: 10.03mg, Hesperetin: 10.03mg, Hesperetin: 10.03mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 422.67kcal (21.13%), Fat: 18.67g (28.72%), Saturated Fat: 10.02g (62.64%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 35.41g (12.88%), Sugar: 2.05g (2.28%), Cholesterol: 82.9mg (27.63%), Sodium: 1123.9mg (48.87%), Alcohol: 3.34g (100%), Alcohol %: 1.86% (100%), Protein: 21.26g (42.53%), Selenium: 47.69µg (68.13%), Vitamin B3: 5.62mg (28.08%), Vitamin B1: 0.39mg (26.1%), Folate: 101.54µg (25.39%), Manganese: 0.43mg (21.43%), Phosphorus: 211.9mg (21.19%), Vitamin B12: 1.27µg (21.16%), Vitamin B2: 0.35mg (20.65%), Vitamin D: 3.01µg (20.07%), Iron: 3.22mg (17.88%), Vitamin A: 800.55IU (16.01%), Vitamin K: 13.26µg (12.63%), Potassium: 377.8mg (10.79%), Vitamin C: 8.84mg (10.71%), Vitamin B6: 0.19mg (9.73%), Magnesium: 38.66mg (9.66%), Fiber: 2.33g (9.33%), Copper: 0.17mg (8.25%), Vitamin E: 1.18mg (7.84%), Vitamin B5: 0.75mg (7.46%), Calcium: 64.6mg (6.46%), Zinc: 0.76mg (5.03%)