

Fennel Fish Taco

Serves

6

Ingredients

6 flour tortillas
1 LB firm fresh white fish such as snapper, rockfish or sea bass
2 tbs. lime juice
1/2 cup green onions, chopped
3 tbs. vegetable or canola oil
salt and fresh ground pepper to taste
1 cup shredded fennel (anise)
1 cup shredded cheese (sharp cheddar)
1/2 cup sour cream
1/2 cup guacamole

Preparation Instructions

Rinse the fish with cold water and pat dry. Rub lime juice over the surface of the fish, sprinkle with salt and pepper. Heat a large cast iron skillet over high heat until almost smoking, about 7 minutes. Add the vegetable oil, then the fish. cook two or three minutes on each side, or until golden. Sprinkle with some more lime juice and break up into bite sized pieces. Place the fish in the center of a warm tortilla, add fennel, cheese, green onions and sprinkle with Chile powder. Fold in half and serve on a warm plate with Frijoles with melted cheese.

If using packaged tortillas, wrap them tightly with foil and place in preheated 350 oven for 15 to 20 minutes, or until warmed through.

Grill the tortillas if you are making them fresh.