Mont-Mex Tacos

Preparation time: 10 minutes | Cooking time: 5 minutes | Serves 3–4

INGREDIENTS
Vegetable oil, for frying
1½ c. thinly sliced red cabbage
(about one-quarter of a cabbage)
½ c. roughly chopped cilantro
1 t. lime juice, plus wedges for serving
1 t. honey
½ c. mayonnaise
Salt and pepper
6 flour or corn tortillas
¾ c. all-purpose flour
2 t. McCormick’s chipotle chili powder
or Tajin Classico* seasoning
1 egg, beaten with 1 t. water
1¼ lbs. skinless fish fillet, cut into
2- by ½-inch pieces
1 ripe avocado
½ c. fresh salsa or chopped tomatoes

DIRECTIONS
Over medium-high heat, start heating ½ inch
of vegetable oil in a cast-iron skillet or tall-
sided frying pan.

Meanwhile, toss the cabbage, cilantro, lime
juice, honey, and mayonnaise in a bowl.
Season with salt and pepper.

Warm the tortillas by wrapping in a damp cloth
and microwave for 20 seconds. Keep them
warm in the cloth.

Mix the flour and chipotle chili powder in a
shallow bowl.

By now the oil should be hot. Dip the fish in the
beaten egg and then roll in the flour mixture.
Fry in batches until golden and just cooked
through, turning once, 2 minutes per side.
Transfer with a slotted spoon to a paper
towel-lined plate to drain. Season with salt
and pepper.

Halve, pit, and slice the avocado. Fill the
tortillas with the fish, avocado, slaw, and salsa
(or tomatoes).
Serve with lime wedges.

*In Mexico, fish
tacos are often
made with Tajin
Classico seasoning.
It’s available in
the United States
online and at
some Walmart
stores.

I’ve always loved fish tacos—slices of avocado and crunchy fried chunks of white
meat surrounded by coleslaw wrapped in a warm tortilla. But until
recently I had never found the right com-
bination of fish and other ingredients. Often
there is not enough fish or too much slaw or
the spices are off. Then, while visiting an
island in the Sea of Cortez in Mexico, my wife
and I were served the real deal. They were
perfect, and I took notes.

Upon returning to Montana, I went ice
fishing for perch at Holter Reservoir so I
could make those Baja fish tacos myself. I did
a little experimenting, and this is what I came up with. Any white, firm-fleshed
fish will work, including sport-caught walleye, pike, or drum or store-bought cod,
pollack, or tilapia.

—Tom Dickson is editor of Montana Outdoors.

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