

Blackened Fish Taco on Sweet Corn – Jalapeño Crepe

Yield: 4 servings

Slaw:

4 ounces Shredded Cabbage
1 ounces Shredded Carrots
1 tsp. Lime Juice
1 tsp. Chopped Cilantro
¼ tsp. Minced Jalapeño Pepper
1 tsp. Sugar
Pinch of salt (kosher if available)
¼ C. Light Mayonnaise

Grilled Pineapple Pico de Gallo:

3 oz. sliced Pineapple
½ tsp. olive oil
½ tsp. Cilantro (chopped)
½ tsp. Red Bell Pepper (diced small)
¼ tsp. Fresh Lime Juice

Crepe:

½ C., Milk, 2 %
½ C. Sweet Corn (split into 2- 1/4 cup increments)
1 C., Milk, 2 %
¼ tsp. Minced Jalapeño Pepper
1 C. Flour
¼ tsp. Salt
1 Large Egg
Olive oil

Fish:

4 pieces 4oz. cod loins
1 tsp. Cajun seasoning
1 T olive oil

Preparation:

Start by mixing the slaw. Mix all ingredients together until creamy. Cover and set in cooler covered. Can be made a day in advance.

To make Pineapple Pico de Gallo:

Spread oil on pineapple slices – over hot grill, or grill pan grill pineapple for 15-20 seconds until lightly brown. Remove and cool immediately by spreading out on pan and putting into refrigerator. Once cooled dice to ¼ inch and mix with remaining ingredients. Set aside.

Next mix crepe batter and prepare crepes:

First warm $\frac{1}{2}$ cup milk with $\frac{1}{4}$ cup of sweet corn, then puree smooth and set aside. Mix together remaining milk, flour egg salt and jalapeño. Mix until smooth about 1 minute. Mix in the remaining whole corn, pureed corn and milk mixture -set aside. Put $\frac{1}{4}$ tsp. olive oil in nonstick 6 "pan and heat at medium high temperature until pan is hot. Add 2 ounce ladle of batter into pan and immediately tilt pan side to side, front to back in circular motion to disperse batter evenly. Cook for 30 seconds on each side or until lightly browned. Repeat until all batter is used up. Set crepes on serving plate covered until ready to serve.

Fish Preparation:

Season Fish on both sides with Cajun seasoning. Over high heat put oil in black cast iron pan until oil begins to smoke. Add fish to hot oil and blacken on one side. Turn fish over and finish in 400 degree oven for 5 minutes.

Assemble:

Put 2 ounces of slaw into crepe and spread from one side to the other in the middle of the crepe. Set blackened fish on top of slaw and fold the ends over the top to cover. Top with Grilled Pineapple Pico de Gallo and serve with Black Bean Banana Mash and Spanish Rice

Black Bean Banana Mash

Ingredients:

1C. Black Beans

5C. Water

Soak 2 cups black beans in 5 cups water overnight.

5 C. Hot Vegetable Stock (reserving $\frac{2}{3}$ C. for puree)

$\frac{1}{2}$ Banana split lengthwise then quartered

1 tsp. Olive Oil

1tsp. Red Onion (diced)

$\frac{1}{2}$ tsp. Cilantro (chopped)

$\frac{1}{2}$ tsp. Jalapeño (diced)

$\frac{1}{4}$ tsp. Salt (kosher if available)

1tsp. Lime Juice

Garnish: Brunoise (fine dice) of Red Bell Pepper, Yellow Pepper, Green Pepper and Jicama

Strain and rinse black beans cover with vegetable stock and cook for 50 minutes or until tender.

While beans cook heat oil in pan and caramelize banana on each side (about 1 minute per side) set aside.

Remove beans from heat and strain. While still hot remove $\frac{3}{4}$ C. Whole Beans and set aside. Put remaining beans in blender with Banana, Cilantro, Salt, Red Onion, Jalapeño, Lime Juice and Stock – Puree until smooth stopping to scrape down sides. Remove from blender and fold whole beans back into puree. Reheat in pan to bring back to temperature. Top with Brunoise to serve.

Authentic Spanish Rice

Ingredients:

2/3 C. Long Grain White Rice (unconverted)

1/2 Tbls. Olive Oil

1/2 C. Tomato Juice

1/2 C. Vegetable Stock

1 ounces frozen Peas (thawed)

1 ounces fresh diced Carrots

Heat oil in nonreactive sauce pan (such as stainless or copper) add rice and toast rice to golden brown. Add diced carrots and mix in well – immediately add stock and tomato juice. Bring to slow simmer and cook for 10 minutes covered. Remove cover and mix in peas – cook additional 5-10 minutes until tender.

Nutrition Facts

Serving Size: 4 oz

Calories: 570

Calories from Fat: 115

Total Fat: 13g

Saturated Fat: 3g

Trans Fat: 0g

Polyunsaturated Fat: 2g

Monounsaturated Fat: 6g

Cholesterol: 74mg

Sodium: 708mg

Potassium: 1586mg

Total Carbohydrate: 90g

Dietary Fiber: 13g

Sugars: 16g

Protein: 28g