



JERNEJ KITCHEN

BEST COD FISH TACOS WITH MANGO SALSA

Cod Fish Tacos with Mango Salsa is an amazing midweek dinner recipe that can be prepared in less than 20 minutes. Crispy fried cod and light, easy mango salsa.

MAKES	4	TACOS
PREPARATION:	15	MINUTES
FRY:	2	MINUTES
TOTAL TIME:	17	MINUTES

FISH TACOS SEASONING

1/2 tsp salt, 1/2 tsp pepper, 1/2 tsp ground garlic, 1/4 tsp ground cumin, 1/4 tsp smoked paprika, 1/4 tsp sweet paprika, 1/4 tsp ground coriander seeds, 1 tbsp all-purpose flour

MANGO SALSA

1 mango, diced
2 large tomatoes, diced
1 spring onion (or scallion)
1 red onion
1 tbsp sweet corn (canned)
1/2 Jalapeño pepper
1/4 red spicy chili (optional)
2 garlic cloves
salt, pepper
1/2 lime (juice)
1 tsp apple cider vinegar
1 tbsp chopped cilantro / coriander or parsley

FISH TACOS

250 g cod fish fillet (8.8 oz), cut on

SPICE MIXTURE

In a bowl stir to combine salt, pepper, ground garlic, ground cumin, smoked paprika, sweet paprika, ground coriander seeds, and all-purpose flour. Generously coat cod cut on stripes in the spice mixture and set aside.

MANGO SALSA

In a bowl stir to combine diced mango, diced tomatoes, diced spring onion (or scallion), diced red onion, sweet corn, chopped chili, and chopped garlic. Season to taste with salt and pepper. Add apple cider vinegar and chopped coriander/cilantro or parsley. Stir to combine and keep chilled in the fridge until needed.

FRYING BATTER

In a bowl whisk together an egg and ice cold water. Gradually (in three additions) add the all-purpose flour while whisking constantly. Add the second addition only after the previous one has been completely incorporated. Dip the cod slices into the egg mixture, then transfer to a plate.

FRY THE FISH

Pour the vegetable oil into a pot. Place over medium-high heat and heat the oil to 175 °C / 350 °F. Gently add the fish and fry for about 2 - 3 minutes or until golden and crispy. Transfer to a plate covered with kitchen towels.

SERVE

Heat tortillas on a skillet to warm. Divide the mango salsa between four tortillas, add the fried codfish and generously drizzle with some yogurt dressing (combine 3 tbsp of greek yogurt with some salt, pepper, chopped herbs, and tabasco

stripes

1 egg

120 g ice cold water (1/2 cup)

60 g all-purpose flour (1/2 cup)

1/2 tsp baking soda

350 ml vegetable oil (2 1/2 cup)

4 large corn tortillas

sauce). Optionally sprinkle with freshly chopped parsley or coriander/cilantro. Serve as soon as possible.

TOOLS AND EQUIPEMENT Sponsored

bowl

kitchen knife

pot

thermometer

kitchen towels

skillet