

Fish Tacos

Makes 24

24 small white corn tortillas
2 lbs tilapia
1 tsp chili powder
1 tsp ground cumin
½ tsp ground coriander
1/2 tsp cayenne pepper
1 tsp salt
1/4 tsp black pepper
1 Tbsp Olive oil
1 Tbsp Butter

Fish Taco Toppings:

1/2 small green cabbage, shredded
2 medium avocado sliced
2 roma tomatoes diced (optional)
1/2 diced red onion
1/2 bunch Cilantro longer stems removed
4 oz 1 cup Cotija cheese, grated
1 lime cut into 8 wedges to serve

Fish Taco Sauce Ingredients:

1/2 cup sour cream
1/3 cup Mayo
2 Tbsp lime juice from 1 medium lime
1 tsp garlic powder
1 chipotle in adobo sauce, minced

Directions

Line 2 baking sheet with parchment paper. In a small dish, combine spices, salt and pepper evenly sprinkle seasoning mix over both sides of tilapia fillets.

Lightly drizzle with olive oil and dot with butter. Bake at 375 for 20-25 min. To brown edges, broil for 3-5 minutes at the end if desired.

Combine all Taco sauce ingredients in a medium bowl and whisk until well blended.

To serve the tacos, toast quickly toast the corn tortillas on a large dry skillet or griddle over medium/high heat.

To assemble: start with pieces of fish then add remaining ingredients finishing with a generous sprinkle of cotija cheese and finally that awesome taco sauce! Serve with a fresh lime wedge to squeeze over tacos.

Mussels with Fennel Butter

Serves 4

Ingredients

- 1/2 cup dry white wine (such as a Sauvignon Blanc)
 - 1 tablespoon minced shallots
 - 1 pound mussels, scrubbed and debearded
 - 2 teaspoons olive oil
 - 1/4 teaspoon fennel seeds
 - 1 tablespoon finely chopped fennel, plus feathery sprigs for garnish
 - 2 tablespoons Pernod or Ouzo
 - 4 tablespoons unsalted butter, at room temperature
 - 1/2 teaspoon fresh lemon juice
 - 1/2 teaspoon finely grated lemon zest
 - Crusty bread for serving
-
- Kosher salt and freshly ground pepper
-

In a large saucepan, combine the wine and shallots and bring to a boil. Add the mussels, cover and cook over high heat, shaking the pan occasionally, until the mussels open, about 5 minutes. Using a slotted spoon, remove the mussels to a bowl as they are done. Let cool slightly. Do not discard the cooking liquid.

Grind the fennel seeds in a spice grinder or mortar. Heat the remaining 1 teaspoon of olive oil in a small saucepan. Add the chopped fennel and cook over high heat, stirring, for 1 minute. Stir in the Pernod, tilt the pan and carefully ignite the Pernod with a long match. When the flames die down, remove the pan from the heat. Transfer the mixture to a small bowl and let cool to room temperature. Gradually whisk in the butter, ground fennel seeds, lemon juice and lemon zest and season with salt and pepper.

Add the fennel butter to the mussel cooking liquid. Bring the liquid to a boil, then reduce the heat and simmer until the sauce has thickened. Divide the sauce among 4 deep bowls, then add the mussels. Enjoy with toasted crusty bread.

Zesty Grilled Swordfish with Succotash

Serves 4

6 to 12 garlic cloves, peeled

1/3 cup extra virgin olive oil

2 tbsp fresh lime juice, more for later

1 Tbs fresh cilantro, roughly chopped

1 tsp coriander

3/4 tsp cumin

1 tsp smoked Spanish paprika

3/4 tsp salt

1/2 tsp freshly ground black pepper

4 swordfish steaks, about 5 to 6 ounces each, from sustainable sources

Crushed red pepper, optional

In a food processor, blend the garlic, lime juice, olive oil, cilantro, spices, salt and pepper for about three minutes or until well-combined forming a thick and smooth marinade.

Pat the swordfish steaks dry and place them in a pan (or a dish with sides to it) and apply the marinade generously on both sides and set aside for 15 minutes or so while you heat the grill.

Preheat a gas grill on high (be sure to oil the grates before using). When ready, grill the fish steaks on high heat for 5 to 6 minutes on one side, turn over once and grill on the other side for 3 minutes or so (the fish should flake easily, while maintaining firmness. There may be a bit of pink on the inside, but it should cook through by the time it gets to the table. Finish with a sprinkle of crushed red pepper flakes and plate over a spoonful of succotash

Southern Living's Best Succotash

Serves 6

Ingredients

- 10 ounces fresh or frozen baby lima beans (2 cups)
- 4 center-cut bacon slices
- 1 cup chopped sweet onion (from 1 small onion)
- 4 ounces fresh okra, cut into 1/2-inch-thick slices (1 cup)
- 1 garlic clove, finely chopped (1 tsp.)
- 3 cups fresh corn kernels (4 ears)
- 1 1/4 teaspoons kosher salt
- 1/4 teaspoon black pepper
- 3 tablespoons butter
- 5 ounces cherry tomatoes, halved (1 cup)
- 1/4 cup thinly sliced fresh basil

Place lima beans in a medium saucepan, and add water to cover. Bring to a boil over medium-high. Reduce to medium-low, and simmer until beans are just tender, 8 to 10 minutes. Drain and set aside.

While beans simmer, place bacon slices in a large cast-iron skillet over medium. Cook until crisp, about 8 minutes, turning once after 5 minutes. Transfer bacon to paper towels; crumble and set aside. Reserve drippings in skillet.

Add chopped onion, fresh okra, and garlic to skillet over medium, and cook, stirring often, until onion is just tender, about 6 minutes. Stir in fresh corn kernels, salt, pepper, and drained beans, and cook, stirring often, until corn is tender and bright yellow, 5 to 6 minutes. Add butter, and cook, stirring constantly, until butter is melted, about 1 minute. Remove from heat.

Stir in halved cherry tomatoes and sliced basil; sprinkle with crumbled bacon, and serve immediately.

