Fish Tacos with Cilantro Lime Cream

From the Gulf Coast Research Laboratory

Fish tacos are a staple here on the Mississippi Gulf Coast and can be found in many of our fine dining establishments. Here is our recipe. It's simple, flavorful and flexible. Any of the edible fish found here along the Mississippi Gulf Coast will work well for this fish taco recipe.

Source
This recipe comes from Anita Arguelles, GCRL marketing specialist, fly fisher, and food enthusiast.

Serves four

Tips from the Cook
Instead of purchasing a whole head of cabbage, you can substitute the cabbage with 2 cups of pre-shredded three color coleslaw. You will find it in the bagged lettuce section at your local grocery. It is easy and adds a little more crunch, flavor and color and you don’t have to find a use for the rest of the head of cabbage.

Ingredients

Cream

- ¼ cup sliced green onions
- ¼ cup fresh cilantro, chopped
- 3 tablespoons fat-free mayonnaise
- 3 tablespoons sour cream
- 1 teaspoon lime zest
- 1-½ teaspoon fresh lime juice
- ¼ teaspoon salt
- 1 clove garlic, minced

Tacos

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon ground red pepper
- ¼ teaspoon salt
- 1-½ pounds fresh fish filets
- Cooking oil spray
- 8 small flour tortillas
- 2 cups shredded cabbage
**Instructions**

Preheat oven to 425 degrees.

To prepare cream, combine first eight ingredients in a small bowl, cover and refrigerate.

To prepare tacos, combine cumin, coriander, smoked paprika, red pepper, salt, and garlic powder in a small bowl. Sprinkle spice mixture evenly over both sides of fish. Place fish on baking sheet coated with cooking oil spray. Bake at 425 degrees for eight to nine minutes or until fish flakes easily when tested with a fork. Place fish in a bowl and break fish into large pieces. Place fish on tortilla and top with cabbage and cream.

This is one of a series of recipes that highlight the wealth of delicious local seafood ingredients available on the Gulf Coast of Mississippi. Do you have a family favorite? Get in touch; perhaps we can add it to the collection.

Look for more Mississippi seafood recipes on the web at www.usm.edu/gcrl/public/recipes.