

Fish Tacos

Yield: 12 tacos

Ingredients:

- 1 pound boneless & skinless cod fillets
- 1 ½ cups Panko bread crumbs
- 2 eggs
- 1/8 cup olive oil for frying
- Emeril's Essence or Don Prodhumme's fish seasoning
 - can substitute mixture of onion powder, garlic powder, paprika, & black pepper
- 12 soft corn or flour tortillas, warmed
- 1 ½ cups shredded cabbage
- 1 lime, cut into 8 wedges
- 8 oz. cheddar Jack cheese shredded
- ¾ cup chopped cilantro



Le Crema Sauce

- ¼ cup sour cream
- ¼ cup of plain yogurt
- ¼ wedge of lime
- Dash of black pepper
- Dash of Ancho chili powder (to taste)
- Whisk all Le Crema ingredients in a bowl and serve with tacos.

Directions:

1. Rinse fish with cold water and pat dry with paper towel. Cut into pieces 1" x 2" cubes for tacos.
2. Beat egg in a shallow dish. Place panko crumbs in another shallow dish.
3. Using a fork, dip fish pieces in the egg wash and then into the panko crumbs to completely coat.
4. On medium heat, heat olive oil in nonstick skillet. Heat oil until hot. Oil is too hot if it starts to smoke.
5. Add Panko coated fish to pan. Season with Emeril's or Prodhumme's and cook approximately 4 minutes or until Panko starts to brown. Flip fish, lightly re-season and cook 4 minutes or until Panko is brown.
6. Remove fish to a paper towel lined plate and cover with foil until ready to serve.
7. Season with Emeril's or Don Prodhumme's.
8. Stack tortillas on a plate cover with a damp paper towel and heat on high in microwave to warm, and then serve.
9. Divide fish evenly among tortillas and top with shredded cabbage, cheese and fresh cilantro.
10. Place fish on taco shell and squeeze with fresh lime.
11. Serve with cabbage, cilantro, cheese & Le Crema.

Tips:

- *Any flaky, white fish may be substituted for Cod such as Halibut, Grouper, Mahi Mahi, and Tilapia.
- *Shredded lettuce may be substituted for cabbage.