

Coconut-crusted rockfish tacos

30 min
CA
OR
WA
Serves 4

Ingredients

Tacos

1 lb rockfish* fillets
½ cup flour
2 large eggs
2 tablespoons water
1 teaspoon salt
½ teaspoon black pepper
¾ cup panko
¾ cup unsweetened coconut, shredded

1 avocado, cut into 1/2” thick slices
8 (6 to 7 in) flour tortillas
1 lime, sliced into wedges

*Can substitute any other fish with white, mild flesh. Examples include Lingcod, Halibut, Pacific Cod.

Slaw
1 cup purple cabbage, shredded
1 cup white cabbage, shredded
¼ cup red bell pepper, thinly sliced
2 scallions, thinly sliced on the bias
¼ cup combined Thai basil, cilantro, and mint leaves, roughly torn

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Nuoc cham (sweet & sour sauce)
¼ cup plus 2 tablespoons lime juice
¼ cup sugar
¼ cup fish sauce
¼ cup water
5 garlic cloves, minced
2–4 Thai chilis, thinly sliced (or 1 Tbsp. red chili flakes)

Make the sauce: In a small saucepan, add all ingredients except for minced garlic. Bring to a low boil then simmer on medium low until sugar is dissolved. Stir in garlic; simmer additional one minute. Remove from heat; cool to room temperature.

Cook the fish: Preheat fryer oil to 375°F. Thaw rockfish if frozen. Pat dry with paper towels. Salt and pepper the fish fillets then slice into 2 oz. strips; set aside. Add flour to a wide shallow bowl. Beat eggs with 2 Tbsp water in a separate bowl. Mix panko and coconut flakes and place in a third shallow bowl. Coat each piece of fish in the flour, then the egg mixture and finally the panko and coconut mixture. Set fish on a wire rack that’s placed on a rimmed sheet tray until ready to cook. Gently place fish strips into the oil and fry about 4 minutes or until golden brown.

Assemble tacos: Mix shredded cabbages, red bell pepper, scallion and herbs in a bowl and set aside. Heat flat top or cast iron skillet on high temp. Heat tortillas for about 15 seconds per side. Place one strip of fish on each tortilla. Top with cabbage, bell pepper, scallions and herb mixture, and slice of avocado. Serve with nuoc cham sauce on the side or drizzle on top just before serving. Serve with lime wedges.

Recipe courtesy of Alaska Seafood.

Species Group
Rockfish, Cod, Lingcod, Sheepshead
Halibut