

Blackened Whitefish Tacos



Blackened Fish Tacos

CA
OR
WA

Ingredients

Homemade Tortillas

1 cup masa harina
¼ teaspoon salt
¾ cup warm water

Blackened Fish

2 6-oz fillets whitefish such as Rockfish, Lingcod or Pacific cod
Seafood seasoning
Canola oil

Toppings to preference

Romaine, roughly chopped

Avocado, smashed with a squeeze of lime

Lime wedges

Red onion, finely chopped

Jalapeños, pickled or raw, sliced

For Homemade Tortillas

Mix the masa harina, salt, and half of the water together

Add more water a splash at a time, mixing in between. Use your hands to form the dough into a ball. Once the dough is cohesive, stop adding water. Adding too much water will make the dough sticky and difficult to handle.

Break chunks off the dough ball to form smaller dough balls, about golf ball-sized. Cut a sturdy plastic bag into two sheets. Place one plastic sheet on the counter, put a dough ball on top, then cover with the other plastic sheet. Using a pot, press down hard to flatten the dough ball. Repeat with the rest

Heat a heavy-bottomed skillet on medium-high. Once hot, add a tortilla. Cook for 10 seconds, then flip and let cook for a couple minutes. Flip one more time, and cook for another minute or so.

Repeat with remaining tortillas. Wrap finished tortillas in tin foil to keep warm.

For Blackened Whitefish

Rub a generous sprinkle of seasoning onto both sides of fillets.

Heat oil in a heavy-bottomed skillet.

Once hot, place fillets on the skillet. Cook until they have a nice dark crust, then flip. When the fillets are opaque and flake easily at their thickest point, they are done.

Assemble tortillas, toppings, and fish on a platter. ***Enjoy your tacos!***

Recipe courtesy of Abby Rogerson at Washington Sea Grant

Species Group

Rockfish, Cod, Lingcod, Sheepshead