

Cranston Area Career and Technical Center

Grey Sole Tacos



Crispy fried RI grey sole served on a handmade flour tortilla with roasted pepper & mango julienned vegetable slaw dressing with an avocado crema

Recipe serves 4 appetizer or entree portions

Fish

24 ounces of grey sole (4-6 ounce portions)

1/2 cup buttermilk

1 cup McCormick Fish Fry mix

1 teaspoon Cumin

1 teaspoon Granulated garlic

Salt, pepper

Directions: Season the fish fillets lightly with the salt, pepper, garlic cumin. Dip in buttermilk and dredge in the McCormick fish fry. Place breaded fillets in deep fryer and cook till golden brown and 145 degrees. Set aside on brown paper to drain.

Slaw

1/2 cup red cabbage shredded

1/2 cup julienne jicama

1/2 cup julienne English cucumber

1/2 cup tri colored carrots

4 each julienne cut green onions

Red Pepper and Mango Slaw Dressing

1 cup roasted red pepper

1 cup fresh mango

1 clove fresh garlic

1 small shallot

1/4 cup fresh basil

¼ cup fresh cilantro
Zest and juice from 1 lemon
3 teaspoons cumin
2 teaspoons chili powder
Salt pepper to taste

Directions: Blend all ingredients together and refrigerate for at least 1 hour. Then toss slaw just prior to service.

Avocado Crema

2 Hass avocados
¼ cup plain Greek style yogurt
1 teaspoon cumin
1 teaspoon chili powder
2 table spoons lime juice

Peel and seed avocado and place all ingredients in food processor. Process till smooth and refrigerate.

Flour Tortillas

4 cups all-purpose flour
1 teaspoon salt
2 teaspoons baking powder
2 tablespoons lard
1 1/2 cups water

Directions: Whisk the flour, salt, and baking powder together in a mixing bowl. Mix in the lard with your fingers until the flour resembles cornmeal. Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic. Divide the dough into 1.5 ounce for full or .7 ounce for appetizer size and roll each piece into a ball. Preheat a large skillet over medium-high heat. Use a well-floured rolling pin to roll a dough ball into a thin, round tortilla. Place into the hot skillet, and cook until bubbly and golden.

Garnish:

Diced mango, diced tomato and cilantro

Directions for plating:

Place three mini or one large tortilla on plate. Top with slaw, fish then drizzle with crema garnish with mango, tomato and cilantro.

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