

FISH TACOS



What Does Baja Style Mean?

The prototypical fish taco originated in **Baja California, Mexico**, and the preparation referred to in this country as “Baja-style” is similar to what you might find on the Mexican peninsula. It usually involves deep-fried white-fleshed fish, shredded cabbage, and a creamy white sauce.

What Type of Fish is in Fish Tacos?

The best fish to use are those that are lean and flakey. They are mild in flavor, quick to cook, can be inexpensive and will hold up and not be too mushy. The most popular fish for Baja Fish Tacos:

- Halibut
- Tilapia
- Mahi Mahi
- Snapper
- **COD: The two most common species of cod are the Atlantic cod, which lives in the colder waters and deeper sea regions throughout the North Atlantic, and the Pacific cod, which is found in both eastern and western regions of the northern Pacific.**
- Bass
- Catfish



ELENAS VERSION:

- Homemade corn tortillas
- COD fish
- White baja sauce: Sour cream, Mayonnaise, Lime juice, capers, cumin, Dry oregano, dried dill, cayenne pepper, salt
- Arbol salsa: arbol chiles, guajillo chile, garlic, apple cider vinegar, salt
- Shredded cabbage
- Radish
- Cilantro
- Lime
- Beer batter