

Fish Tacos with Poblano Crema



Classic fish tacos with adobo and poblano. Serve with a salad. Serve sauce on the side of salad or marinated vegetables.

Yield	31-3/4 lbs. + 2-1/4 cups sauce (54/9-1/2oz servings)
Serves	54
Preparation time	10 minutes
Cooking time	12 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12.5	oz	1-1/2	cups	Sour cream	
4	oz	1/2	cup	Mayonnaise	
1	oz	2	tbsp	Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US	
1	oz	2	tbsp	Lime juice, fresh	
13.6	oz	1	tub	Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US	
3.33	cup			Olive oil	
213	oz	108	each	Mahi mahi, dorado, fish	2 oz portions
78	oz	108	each	Tortillas, flour	
51	oz	216	slices	Avocados	sliced
19	oz	3-1/3	cups	Chilli pepper, Jalapeño	sliced thin
9	oz	1-2/3	cups	Radishes	sliced thin
67	oz	40	cups	Cabbage, white	or green
30	oz	1-2/3	cups	Cabbage, red	or purple

Preparation Steps

- In a mixing bowl, whisk together sour cream, mayonnaise, Fire Roasted Poblano Flavor Concentrate and lime juice. Season to taste and reserve.
- In a bowl, whisk together the Adobo Red Chile Flavor Concentrate and olive oil. Thoroughly cover the mahi mahi in the adobo marinade. Marinade for at least 1 hour.
- Grill mahi mahi until fully cooked.
- Place each piece of fish on a tortilla and top with poblano cream. Add 2 slices of avocado, 5 slices of jalapeno, 2-3 slices of radish. Combine cabbages and use 3/4 cup to top a 2 taco serving.

Chef's tip

Any white flakey fish such as cod, tilapia, or halibut will work very well in this application.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	463.2
Energy (Kj)	1974.3
Protein (g)	32.1
Carbohydrate, total (g)	28.4
Fats, total (g)	25
Sugars, total (g)	3.6
Fats, saturated (g)	4.4
Fiber, total dietary (g)	4.4
Sodium (mg)	455.6
Calcium (mg)	108.4

Cholesterol (mg)	108.5
Iron (mg)	3.7
Vitamin A (µg_RAE)	322.7
Vitamin C (mg)	28.9

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.