

# A Deprived Expat's Fish Taco Recipe

**It's not easy being an expat, especially when you're deprived of fish tacos.**

This post is mainly for any of my readers deprived of your favorite home foods, especially since you are living the 'good life' across the pond somewhere. Therefore, today's post is about fish tacos. Why? Because it's Cinco de Mayo of course. And because fish tacos rock!

We don't have access to fish tacos around these parts and when I first heard about them, the idea sort of turned me off. Yes, I like fish. In fact, I eat fish at least twice a week, but fish and tacos just didn't seem a likely combination. But then on a recent trip to California, I decided to try them. I was hooked from the first bite and took every chance I could to eat them.



As I was looking for recipes for our Cinco de Mayo celebration, the idea of a plate of fish tacos made my tongue jump for joy (again).

## So, What is a Fish Taco?

It's simple math really. Fish + taco = Fish taco. Hee-hee, let's break it down even further.

Fish tacos were reborn in Baja, the second earth's second-longest peninsula off the Northwest coast of Mexico, but have been extremely popular in Southern California for many years.

Let's step back a bit and give credit where credit is due. Anthropological evidence shows that the indigenous people living in the lake region of the Valley of Mexico traditionally ate tacos filled with small fish. Praise for fish tacos, now onto the recipe. □

# A Simple Fish Taco Recipe

You can make fish tacos (Tacos de Pescado) with a hearty white fish such as, salmon, cod, tilapia, or even with shrimp (Tacos de camarones). The taco filling generally consists of shredded cabbage, a sour cream or Greek yogurt-based dressing, and fresh cilantro. Interpret your own fish taco recipe as I have below.

## Ingredients (Makes 4 medium-sized tacos)

- 1 pound (450 grams) salmon fillets (cod, tilapia, or shrimp)
- Flour
- Creole seasoning
- Sea salt and pepper
- Sunflower oil
- Cooked corn kernels (roasted adds an intense flavor)
- 1 cup Greek yogurt
- Fresh cilantro
- Fresh basil
- 1 lime
- Mexican oregano
- Chipotle (optional)
- Soft shell tacos
- 1/2 red or yellow pepper, thinly sliced
- Arugula

## Fish Taco Yogurt Salsa

In a medium bowl, mix together Greek yogurt and 1/2 teaspoon each of ground Mexican oregano and fresh lime juice until the consistency is not too runny. Add sea salt and chipotle to taste.

## Cooking Instructions

1. Heat a heavy pan over medium-high heat.
2. Season fish on meat side with Creole seasoning or salt

and pepper.

3. Lightly dust the fish with flour and shake off the excess.
4. Add a tablespoon of sunflower oil to the pan.
5. Cook fish pieces until lightly golden brown, break into chunks, and set on a paper towel.
6. Remove excess oil from pan and lightly fry the tortillas, they should still be soft to handle.

To serve, place fried fish pieces in a tortilla, add the healthy colorful toppings of your choice such as roasted corn, red pepper slices, fresh cilantro, fresh basil, yogurt sauce, and arugula. Celebrate Cinco de Mayo by cooking some healthy fish tacos served with a glass of refreshing [Aguas Frescas](#).

¡Buen provecho!