



Venice Beach Fish Tacos from Alaska

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**MASA-DUSTED FRIED WILD ALASKA POLLOCK
TOPPED WITH NAPA CABBAGE & RADISH SALAD,
MANGO PICO DE GALLO, AND FRESH LIME
WEDGES ON CORN TORTILLAS.**

SPECIES

Alaska Pollock

CONCEPT

Unique Take

FLAVOR PROFILE

American Regional – Southwestern

KEY FLAVOR COMPONENTS

Masa Harina Flour

Fresh Mango

Sour Cream

PRIMARY COOKING METHOD

Fried

ALTERNATIVE COOKING METHOD

Roasted

RELEVANT TO

QSR, Casual, Family, White Table Cloth,
Colleges & Universities

YIELD

12 servings (2 tacos each)

variations

DINNER VARIATION

Serve with chilled black bean salad. Toss black beans, diced white onions, and red and green bell peppers with a spicy cilantro vinaigrette or chipotle cream.

LIGHTER VARIATION

Roast seasoned Alaska Pollock fillets and cut into bite-sized pieces for tacos.

LABOR SAVING TIP

To eliminate the breading step, use 0.2 oz. breaded fish pieces.

SIMPLE INNOVATION

What makes these tacos so wonderful and different from other soft tacos or fajitas is the contrast of the piping hot fish on a cool and crisp salad.

TIPS TO UTILIZE TRIM

Tacos are a great way to utilize the trim from both pollock and cod fillets.

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MASA-DUSTED ALASKA POLLOCK

Masa Harina	5 oz.	1. Combine masa and corn meal with seasonings — can be made in large batches and stored in a container with a tight-fitting lid at room temperature for several days.
Yellow corn meal	5 oz.	
Kosher salt	1 ½ oz.	2. In a small bowl, toss pollock and seasoned masa together to coat evenly.
Cayenne	1 oz.	3. Pour pollock into a wire strainer over a bowl and shake off extra masa seasoning.
Sugar	5 tsp.	4. Fry pollock in a 365° to 375°F fryer for 1 to 2 minutes, or until internal temperature reaches 145°F.
Onion powder	5 tsp.	Yield: approx. 12 oz. seasoned masa — use 1 oz. seasoned masa to 5 oz. fish
Garlic powder	5 tsp.	
Black pepper	1 Tbsp.	
Alaska Pollock fillet, cut in 1" pieces	4 lbs.	

MANGO PICO DE GALLO

Mango, peeled and diced	12 oz.	1. Combine all ingredients in a large stainless steel bowl. Toss to combine. Refrigerate.
Cherry tomatoes, halved	10 oz.	Yield: approx. 24 oz.
Red onions, diced	3 oz.	
Cilantro, fresh, chopped	¾ cup	
Lime juice, fresh	2 Tbsp.	
Jalapeños, minced	2 tsp.	
Kosher salt	1 tsp.	
Hot sauce	to taste	

CHIPOTLE CREAM

Sour cream	12 oz.	1. Combine sour cream and chipotle in a stainless steel bowl. Season with additional chipotle, to taste.
Chipotle Peppers in Adobo Sauce, pureed, prepared	2+ tsp.	Yield: approx. 12 oz.

CABBAGE & RADISH SALAD

Napa cabbage, shredded	6 oz.	1. Combine all ingredients in a large stainless steel bowl. Toss to combine. Refrigerate.
Radishes, thinly sliced	4 oz.	Yield: approx. 12 oz.
Cilantro sprigs, fresh	2 oz.	

ASSEMBLY

Corn tortillas, heated	4 ea.	1. Assemble each taco in this order: Place 2 stacks of 2 heated tortillas on a plate. Top with pollock, Cabbage & Radish Salad, Chipotle Cream and Mango Pico de Gallo. Garnish with lime wedges.
Masa-dusted Alaska Pollock	4 to 5 oz.	
Cabbage & Radish Salad	1 oz.	
Chipotle Cream	1 oz.	
Mango Pico de Gallo	2 oz.	
Lime wedges	2 ea.	