

Fish Tacos with Pickled Red Onion and Salsa

2 lbs skinless monkfish fillet (or mahi-mahi)
2 oz fresh lemon juice, or lime or orange juice (1 1/2 lemons)
2 T each olive oil, chopped cilantro
2 small garlic cloves, minced
sea salt
Heat BBQ or grill pan.

In a large baking dish, whisk juice, oil, cilantro and garlic. Add the fish and turn to coat. Season fish with salt and marinate for 5-15 minutes.

Grill over moderately high heat, until white throughout. Transfer to a plate and flake into large pieces.

Serve with tortillas, avocado, pickled red onion and salsa. Serves 8.

Pickled Red Onion

1 small red onion, halved
1/2 c fresh lime juice (3 1/2 limes)
1 1/2 t sea salt
Thinly slice onion.

In a non-reactive bowl, cover onion with boiling water and let rest for 10 seconds, then strain well. Mix onions with lime juice and salt. Cover and refrigerate for at least 1 hour. Lift the onions out of the liquid to serve. Can be served as a side dish, in sandwiches or salads. Lasts at least a week in the fridge.

Salsa

2 tomatoes, seeded, diced
1/3 c chopped cilantro
1/4 c finely chopped onion
1/2 jalapeño, seeded, minced (more or less according to your taste)
1 T lime juice (1/2 a lime)
1/2 t sea salt

In a medium sized bowl, mix all ingredients, then refrigerate. Remove any liquid that separates out before serving. Recipe can be doubled, making half spicy and half not to accommodate all tastes. Even if you never make fish tacos, this salsa recipe is fabulous.

Garnish

flour tortillas, 3 per person, wrapped in tinfoil in stacks of 5 and warmed in the oven at 350F for 10 minutes
cilantro leaves
3 avocados, diced

Jittery Cook