

# The Sailing Chef

## Ingredients: (for 2 people)

- 4 white corn tortilla
- 1 Rock fish or 2 filets cut in 4 pieces
- Pinch of salt and fish spices
- Some flour
- ½ cup of olive oil

## Tacos Topping:

- ½ bunch of cilantro
- 1 cup of diced cherry tomatoes
- 1 diced small red onion
- 1 jalapeno cut finely
- 1 sliced avocado
- some romaine leaves

## Tacos white sauce:

- 1 cup of sour cream
- 1 cup of Mayo
- 1 lime juice
- 1 crushed fresh garlic
- 1 finely chopped small onion
- 1 cup of diced pickles
- Salt and pepper and chile

## FISH TACOS OF MORGANE



## Variations:

Right from the ocean.. This is one of our favourite meal on board.

The very best is to catch an halibut but it's good with any fish too!!

You can add everything fresh you like.

Also super good with guacamole, pico de gallo and red cabbage!

But, Don't skip the best fish tacos sauce – an irresistible garlic lime pickles crema!



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## Preparation:

To cook the fish:

1. warm a large cast iron or nonstick skillet on the stovetop over medium – High heat. When hot add 1 or two tbs of olive oil. Add the fish filet previously dumped into flour and fish seasoning mixed. Cook for 2 minutes or more. Flip the fish and cook another 2 minutes or more.

To do the sauce:

2. combine all the tacos white sauce ingredients in a medium bowl and whisk together!

To serve the tacos:

3. toast quickly the corn tortilla on a dry skillet or griddle over medium /high heat.

To assemble:

4. start with piece of fish then add remaining ingredients finishing with the white sauce and a lime squeeze!

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Bon Appétit!

