

# Savoury deviate delight

*Food Allergies and intolerances: Before you make this recipe please check the ingredients carefully as they include allergens like mustard, wheat, fish and milk.*

## **For the cabbage and salsa**

1/4 red cabbage  
1 tbsp olive oil  
1 lime  
100ml chicken stock  
2 green tomatoes  
1 green pepper  
½ brown onion  
1/2 bunch fresh coriander  
1/2 lime  
1/2 green jalapeño  
16 padron peppers

## **For the fish**

250g plain flour  
1/2 tsp baking powder  
160ml water  
1 tbsp American mustard  
1 tbsp dried oregano  
1 tbsp mayonnaise  
1kg lard  
4 catfish, tilapia or pollock fillets

## **For the tacos**

1/2 head of crisp green lettuce  
10 small flour tortillas  
4 tbsp sour cream  
4 tbsp whole milk  
2 tbsp mayonnaise  
1 pinch of salt and pepper  
1 lime (to serve)

Shred the cabbage. Heat the oil in a medium saucepan over a high heat and add the cabbage. Season and fry for a few minutes, then squeeze in the lime and pour in the stock. Simmer for 5 minutes, until cooked but still with a little bite.

Quarter the tomatoes and cut out the pulp, then chop the flesh into small dice. Deseed and dice the pepper. Peel and dice the onion as fine as possible, Chop the jalapeños, avoiding the seeds. Mix all four together with a squeeze of lime, salt , pepper and a few leaves of fresh coriander (cilantro) finely chopped. Leave on the side for later.

Dump the flour into a bowl with the baking powder and salt. Whisk in the water until you have a smooth, but thick batter. Add the flavourings of mustard, oregano and mayo and whisk together.

Preheat a pan of lard to 180°C. Slice the fish into goujons about the size of your thumb. Season with salt and pepper then dust in flour. Dunk in the batter to coat, allow excess to drip off then lower into the lard to fry for 3-4 minutes, turning occasionally.

Drain the fried fish on kitchen paper to get rid of excess fat.

Heat a frying pan over a high heat and warm the tortillas for 30 seconds on each side. Mix up the sour cream, milk, mayo and salt and pepper to create the white sauce. Smear a little of the white sauce over the tortillas then pile the tomato salsa and cabbage onto the tacos, top with the fried fish, a drizzle of the white sauce and squeeze of lime.

**Makes 10 tacos**