

Fish tacos from Baja California

Ingredients

- 2 sea bream, sea bass or red mullet, weighing about 350g/12oz each, filleted
- 8 flour tortillas
- 225g/8oz iceberg lettuce, shredded finely
- 290ml/½ pint soured cream
- salt and freshly ground black pepper
- sunflower oil for deep-frying

For the batter

- 225g/8oz plain flour
- 2 eggs
- 200ml/7fl oz water

For the salsa

- 1 medium red onion, finely chopped
- 5 tomatoes, skinned, seeded and finely chopped
- 3-4 red chillies, seeded and finely chopped
- 1 tsp sugar
- 1 lime, juice only
- 4tbsp chopped fresh coriander

Preparation method

1. First make the salsa by mixing together all the ingredients with a pinch of salt. Set aside.
2. Cut the fish fillets crossways into strips 1cm/½in wide and season with plenty of salt and pepper.
3. For the batter, put the flour, eggs, water and a pinch of salt into a liquidiser and blend until smooth.
4. Pour the sunflower oil into a pan until it is about one-third full and heat to 190C/375F or until a small piece of white bread dropped into the oil browns and rises to the surface in 1 minute.
5. Warm the tortillas in a low oven or a microwave.
6. Dip the strips of fish into the batter and then drop them into the hot oil and fry for 4 minutes, until crisp and golden. Lift out with a slotted spoon and drain briefly on kitchen paper.
7. To serve, put some lettuce down the centre of each tortilla, top with the fried fish, then spoon over some salsa and soured cream. Fold in the sides, roll up as tightly as you can and serve straight away with some cold Mexican beer.

less than 30 mins

preparation time

less than 10 mins

cooking time

Serves 4

By Rick Stein

From Fruits of the Sea