



Authentic Ensenada Fish Tacos



Ingredients for the Batter:

- ½ cup all-purpose flour
- 1 tsp baking powder
- ½ tsp ground black pepper
- ½ tsp dried Mexican oregano
- 1 TBLS yellow mustard
- 6 ounces Mexican Pilsner-style beer

Ingredients for the Crema:

- ½ cup Mexican crema
- ½ cup mayonnaise
- 2 TBLSs lime juice
- 2 chipotle peppers in adobo
- ½ tsp kosher salt

Ingredients for the Tacos:

- 6 cups avocado oil, for frying
- 1 pound cod, cut into 1-inch-thick strips (about 10-12 pieces)
- ½ tsp kosher salt
- 1 TBLS cornstarch
- 12 warm corn tortillas
- 2 cups thinly sliced green cabbage
- Hot sauce
- Pico de Gallo
- Lime wedges

Method:

1. Combine the batter dry ingredients in a large bowl, and whisk well. Add the wet ingredients and whisk until smooth. Set aside and let rest 20 minutes.
2. Combine Crema ingredients in a blender and blend on high until smooth.
3. Pour the 6 cups of oil into a Dutch oven and clip a deep-fry thermometer to the side. Heat oil to 375°F over medium heat. Line a baking sheet with paper towels.
4. Lay the fish pieces on a separate baking sheet and pat dry with paper towels. Season the fish with the ½ tsp salt and toss with the 2 TBLSs cornstarch.
5. Using kitchen tongs, dunk a piece of fish one at a time into the batter letting the excess drip back into the bowl. Gently place in the hot oil. Don't let go right away, let the fish fry for a



couple seconds or so, lightly swishing it in the oil before letting go. This way it won't sink directly to the bottom and stick.

6. Fry the fish. Fry 3-4 pieces at a time so not to crowd the pot. Cook, turning occasionally, until golden brown and crisp, about 4 minutes. Monitor the oil temperature as you are frying, adjusting it up or down to maintain 375°F as much as possible. Remove the fish to the paper towel-lined baking sheet as they finish cooking.
7. Serve. Place a piece of fish into each warm tortilla and serve with the crema, Pico de Gallo, shredded cabbage, lime wedges, and hot sauce for everyone to add to their liking.

Notes:

1. Batter thickness: The batter should have the consistency of slightly thin pancake batter. It will get thicker after sitting for 20 minutes. If it still is too thick or too thin, add more flour or beer a little at a time, to reach the right consistency.
2. Fish: Any thick fillets of white fish will work. Cod is reasonably priced and tasty. Other fish choices would be Mahi Mahi, halibut, sea bass, or even catfish or tilapia.
3. Cornstarch: The cornstarch helps the batter stick to the fish but it also makes the tongs stick to the fish as well. If you are brave you can use your fingers to dip the fish and let them go in the oil or rinse the batter off the tongs in between dipping.
4. Crema: Authentic Ensenada fish tacos have a simple white sauce without the chipotles but I like the hit of smoky spice. You can leave them out if you are sensitive to heat.