



HIGH LINER FOODS

INCORPORATED



18 Electronics Avenue Danvers, MA 01923

Fish Taco with Southwestern Slaw and Pico De Gallo

		For 25	For 50	For 100
<i>home</i>	Fish Tacos			
<i>2-wedges</i>	2.6 oz Unbreaded Pollock Wedge	3 lbs.	1 1/4 lbs.	12 1/2 lbs.
<i>1-tbsp</i>	Vegetable oil	1 cup	2 cups	3 cups
<i>1/2 tsp</i>	Lime Juice	6 Tbsp	3/4 cup	1 1/2 cups
<i>1-pinch</i>	Chili Powder	6 Tbsp	3/4 cup	1 1/2 cups
<i>1-pinch</i>	Ground Cumin	6 Tbsp	1/2 cup	3/4 cup
<i>1-pinch</i>	Ground Coriander	1 Tbsp	2 Tbsp	1/4 cup
<i>2-cloves</i>	Minced Garlic	1 Tbsp	2 Tbsp	1/4 cup
	Salt, to taste	To taste	To taste	To taste
	Whole wheat flour tortillas 6"	25	50	100

- 1.) Combine the oil, lime juice, chili powder, cumin, coriander garlic and salt. Pour the marinade over the fish in stainless pans, cover and place in the cooler, 30 minutes to 24 hours.
- 2.) Bake or grill fish until cooked through (160°F internal temp)
- 3.) Assemble, using 1 piece of fish and top with Southwestern Slaw, Chipolte Pico de Gallo and sour cream or Mexican crema. For satellite, serve Pico de Gallo and cream in soufflé cups. If the slaw can be added on site, it will stay crunchier.

Southwestern Slaw & Pico de Gallo Recipes

	For 25	For 50	For 100
Southwestern Slaw			
Shredded cabbage	1 quart	2 quarts	1 gallon
<i>1-tsp</i>	Lime Juice	3 Tbsp	6 Tbsp
<i>1-tbsp</i>	Honey	3 Tbsp	6 Tbsp
<i>add Red Wine Vinegar</i>	Minced Red Onion	1/2 cup	1 cup
	Minced Jalapenos seeds removed	3 Tbsp	6 Tbsp
	Chopped Cilantro	3 Tbsp	6 Tbsp
	Salt, to taste	To taste	To taste

Combine all the ingredients. Allow the mixture to marinate for at least 30 minutes and up to 8 hours before serving.

	For 25	For 50	For 100
Pico De Gallo			
Med. Diced Tomatoes	2 cups	1 quart	2 quarts
Minced Red Onion	1 1/2 Tbsp	3 Tbsp	6 Tbsp
Red Wine Vinegar	1 tsp	2 tsp	1 1/4 Tbsp
Canned Chipolte Peppers	1/4 - 1 C	1-2 C	2-4 C
Salt,	To taste	To taste	To taste
Cilatro	To taste	To taste	To taste

Combine all the ingredients and mix well. The Pico de Gallo is ready to use now or can be stored, covered, in the refrigerator for 2 days.

