



FISHWATCH®

FRESH FACTS.
SMART SEAFOOD.

ACADIAN REDFISH



U.S. wild-caught Acadian redfish is a smart seafood choice because it is sustainably managed and responsibly harvested under U.S. regulations. Acadian redfish is found year-round in the Atlantic Ocean from the coast of Norway to Georges Bank and is wild-caught in the United States from Maine to New York.

Redfish is a medium firm, flaky white fish that can be used as a substitute for haddock and similar fish. Redfish is low in saturated fat and is a good source of niacin, vitamins B6 and B12, calcium, protein, phosphorus, and selenium.

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Spicy Redfish Tacos

Ingredients

4–5 cups vegetable oil
1 cup all-purpose flour
1 teaspoon table salt
½ teaspoon ground cumin
¼ teaspoon ground black pepper
¼ teaspoon cayenne pepper
1 cup light-colored beer
2 pounds skinless redfish, cut into four by 1-inch strips
12 (6-inch) corn or flour tortillas
1 cup mayonnaise
1 chopped chipotle pepper in adobo sauce
1 teaspoon adobo sauce
3 cups shredded cabbage
1 ½ cups tomato, diced
1 avocado, skinned, cored, and sliced
Lime wedges (for serving)
½ cup cilantro, chopped



1. Mix mayonnaise, chopped chipotle pepper, and adobo sauce in a small bowl and then set aside. You can adjust the spiciness by adding more or less adobo sauce.
2. Adjust oven rack to the middle position, heat the oven to 200° F.
3. Pour the oil into a large, deep, heavy-bottomed pan until the oil measures 3 inches deep, and heat it over medium-high heat until it reaches 375° F.
4. While the oil heats, whisk the flour, salt, cumin, black pepper, and cayenne together in a large bowl. When the oil is almost ready, whisk the beer into the flour mixture until completely smooth.
5. Wrap a stack of corn or flour tortillas in foil and warm on a baking sheet in the 200° F oven while frying the fish.
6. Pat the fish dry with paper towels. Add half the fish to the batter and coat. Use tongs to transfer the fish from the batter, one at a time, to the hot oil.
7. Fry, stirring the fish gently to prevent the pieces from sticking together, until golden brown (about 5 minutes).
8. Remove the fried fish from the oil and let drain briefly on paper towels. Transfer the drained fish to the oven to keep warm. Batter and fry the remaining fish.
9. Smear each of the warm tortillas with 1 tablespoon of spicy mayonnaise; add shredded cabbage, tomatoes, and avocado. Add one to two pieces of the fried fish to each tortilla and garnish with lime wedges and cilantro.

Recipe credit: Sam Grimley, Gulf of Maine Research Institute.



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