

FRESH FACTS.

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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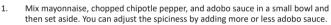


Spicy Redfish Tacos

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





- 2. Adjust oven rack to the middle position, heat the oven to 200° F.
- 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.
- 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.
- 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.
- Fry, stirring the fish gently to prevent the pieces from sticking together, until golden brown (about 5 minutes).
- 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.
- 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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