

COOKING CLASSES FOR STUDENTS

BLACKENED FISH TACO

YEILD: 4 SERVINGS

Ingredients:

- 1 cup Pineapple, diced
- 2 each Lime
- 2 pounds Catfish filet
- 2 Tablespoon Cajun Seasoning
- 1 cup Carrot, shaved
- 1 cup Red Cabbage, shredded
- 4 Tablespoon mayonnaise
- 12 each Flour Tortilla, mini
- 4 Tablespoon Sour Cream
- ¼ cup Cilantro chopped

Directions:

1. **PREP:** Sprinkle Cajun spice onto fil lets, then gently rub into fish to moisten.
2. **COOK PINEAPPLE:** Heat a drizzle of oil in a pan over medium-high heat (use an oven proof pan if you have one). Add pineapple and cook, tossing, until browned, 2-3 minutes. Remove from pan and set aside.
3. **COOK CATFISH:** Heat another drizzle of oil in same pan over medium-high heat. Add catfish and cook until browned on one side, about 4 minutes. Flip the fish. Lower the heat to medium and cook catfish until opaque and flaky, 8 minutes.
4. **MAKESLAW:** Add carrot, cabbage, mayonnaise, juice from lime half, ½ tsp sugar, and a large pinch of salt and pepper to a medium bowl. Toss until thoroughly combined.
5. **SWARM TORTILLAS:** Wrap tortillas in a damp paper towel and microwave on high until warm, about 30 seconds.
6. **PLATE AND SERVE:** Stir pineapple into slaw. Spread tortillas with sour cream. Break up catfish into bite-sized pieces and divide between tortillas. Top each with slaw. Tear cilantro leaves from stems and scatter over top. Serve with lime wedges on the side for squeezing over.

THE KITCHENS