

Corn-Crusted Tilapia Tacos with Spicy Avocado Cream

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Here's a homemade version of Shake'n'Bake, or Shake'n'Fry, really. This dinner comes together surprisingly quickly – the sauce is just a few ingredients whirled in the food processor.

TIME: 30 minutes

MAKES: 4 servings

For the cream:

1 ripe avocado

1/2 cup sour cream

1/2 teaspoon salt

15 to 20 sliced jalapenos from a jar (to taste), plus 2 tablespoons liquid

For the tacos:

Corn tortillas or taco shells

1 cup yellow cornmeal

1 teaspoon salt

1 teaspoon pepper

1 teaspoon cumin

4 large tilapia filets, about 1 1/2 pounds total, cut into 1" chunks

Vegetable oil, for frying

1/2 small cabbage or 1 large head fennel, very thinly sliced or shaved

Preheat the oven to 350 degrees.

First, make the cream: place all the cream ingredients in a small food processor and puree until smooth. Set aside.

Wrap the corn tortillas (12 4" tortillas or 8 6" tortillas) in foil and put them in the oven to warm.

Next, place the cornmeal, salt, pepper, and cumin in a large zip-top bag. Seal the bag and shake to mix. Add the fish pieces, close the bag, and shake to coat all the fish evenly.

Heat a large frying pan over medium-high heat. Add enough vegetable oil to cover the bottom with about 1/4" of oil. When a small piece of fish sizzles when placed in the pan, the oil is ready. Carefully place about a third of the fish pieces into the oil. Fry for 2 minutes per side, or until browned and crisp, and drain on a paper towel-lined plate. Repeat with remaining fish (you'll probably need to do 3 batches), keeping the cooked fish covered with foil while the remaining batches cook.

While the fish cooks, place the avocado cream, tortillas, and shaved cabbage or fennel on a serving platter, and when the fish is done, serve 'em up.