

## September 1st Cook a Fish, Give a Fish class w/ Andrew McQuesten from North

### Recipe: Miso Glazed Skate Tacos

#### Ingredients: Serves 4

- 1 Pound Skate Fillet or 2 Skate Wings
- 3 Limes
- 2 Green Tomatoes
- 1 Jalapeno
- 1 Bulb Garlic
- 2 Red Onions
- 2 tsp Fish Sauce
- 2 Tbs Sesame Oil
- 1/4 cup Rice Vinegar
- 2 Tbs White Miso
- 1 stick of Butter
- 1 package Corn Tortillas
- 1 Head of Cabbage
- 3 Ears Corn
- 1 Can Black Beans
- 1 Bunch Cilantro
- 1 Bunch Scallions
- 1 Large Piece Ginger
- Cotija Cheese
- Salt
- Sugar
- Black Pepper
- 1/2 tsp Ground Coriander
- 1/2 tsp Ground Cumin
- 1 pinch Chili Flake
- Canola or other high temp cooking oil
- Rice

#### Instructions:

1. Cook rice (Andrew will go over this or you can follow instructions on container)
2. Clean and filet skate wings as directed (we will go over this in class)
3. Mix white miso with rice vinegar and 1/4 cup water.
4. Place skate in shallow non-reactive dish (glass or plastic tupperware) and pour marinade over fish. Place in refrigerator.
5. Dice red onion and toss in salt and sugar. Let stand for 10 minutes then drain liquid.
6. Dice green tomatoes, mince garlic, mince ginger, shuck and remove corn from cob. Mix with onion.
7. Drain black beans and add to mix. Season with fish sauce and sesame oil and put in fridge.
8. Thinly cut cabbage into ribbons
9. Remove skate from fridge and marinade and pat dry. Save marinade.
10. Heat pan on stove on high and add oil. Place skate in pan. Add butter to pan and flip fish. Baste with butter.
11. Once fish is cooked remove from pan and place on paper towels to drain
12. Add marinade, ground coriander, ground cumin and chili flake to pan and reduce to glaze. Add a squeeze of lime juice.
13. Heat tortillas on skillet or in microwave.

14. Build tacos with cabbage, skate, salsa, cotija cheese, cilantro and cut scallions
15. Eat over rice to catch the drippings. Yum!

**Tools Needed:**

- Cutting board
- Sharp knife
- Shallow glass or Tupperware container (large enough to hold fillets)
- Large Pan
- Skillet or microwave (to heat tortillas)
- Can opener
- Spatula
- Paper towels
- Small pot with lid for cooking rice
- Timer (your phone or oven timer work fine)
- Measuring cups
- Measuring spoons
- 2 small mixing bowls
- 1 medium mixing bowl