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Fish and Shrimp Tacos



Photo Susie Iventosch

(Makes 12-16 tacos)

INGREDIENTS

1 1/2 pounds fresh, wild salmon filet (with skin on one side)

1 pound raw shrimp, medium sized

Juice of one lime

Cajun seasoning

12-16 tortillas

Accoutrements

1 recipe guacamole (below)

1 recipe mango-papaya-avocado-lime salsa (below)

1 cup freshly grated Cheddar or Jack cheese

1/4 head finely sliced lettuce

Sour cream or plain low-fat yogurt

DIRECTIONS

Shrimp

Peel and devein shrimp and marinate for a couple of hours in a simple vinaigrette of 1/4 cup olive oil, 1 tablespoon lime juice and 1 teaspoon Cajun spice. Skewer or place in a grilling basket and grill for 1-2 minutes per side over medium heat.

Salmon

Place filet on a large piece of foil, skin side down, and season top of filet with Cajun spice. Grill over medium heat for about 4 minutes, then tent with foil and continue to cook for another 5-7 minutes, or until fish is cooked. Time will depend on thickness of filet. My husband uses a gas grill and with three burners going, heats the center one directly under the fish to medium, and the two side burners to medium-high. This, he says, cooks the fish evenly but also gives it some nice color, before it is tented!

Papaya-Mango-Lime-Avocado Salsa

INGREDIENTS

1 medium papaya, peeled, seeded and cut into bite-sized pieces

2 mangos, peeled, pit removed and cut into bite-sized pieces

2 avocados, peeled, pitted and cut into the same sized pieces

1 red onion, thinly sliced, caramelized in olive oil and cooled to room temp

1/3 cup coarsely chopped fresh cilantro

1 roasted, seeded and finely diced jalapeno

Juice of 2 limes

1/4 cup extra-virgin olive oil

Sea salt to taste

DIRECTIONS

Gently toss all ingredients, and adjust flavors using more or less lime juice or olive oil, as you desire. Chill until ready to serve.

Guacamole

INGREDIENTS

3-4 ripe avocados, peeled and pitted

1/2 to 1 teaspoon sea salt

1 teaspoon cider vinegar

Optional:

2 tablespoons salsa

1 teaspoon Louisiana hot sauce

1 clove garlic, pressed

1/2 teaspoon chili powder

1 medium tomato finely diced

I really love the flavor of avocados so I like to add nothing more than sea salt and cider vinegar. But, if you enjoy lots of flavors in your guacamole, you may wish to add some or all of the optional ingredients. Either way, simply dice or smash the avocados and stir in the rest of the ingredients!

To Assemble

Fry tortillas in a little bit of oil in a large skillet, until starting to brown, but still pliable. Fold in half like a taco shell and place lettuce at the bottom with pieces of fish and shrimp over the lettuce. Sprinkle grated cheese over seafood and spoon fruit salsa, guacamole and yogurt or sour cream over the top. Enjoy!

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