



RECIPES

Fish Tacos

1 lb. Orange Roughy fish, sliced into 1 inch thick wedges
8-10 corn tortillas

6 Tbsp. barley flour mixed together with;
¼ tsp. Real salt, ¼ tsp. paprika, dash cayenne, ¼ tsp. cumin

Dredge fish through dry mixture and fry in 4-6 Tbsp. safflower oil in cast iron skillet.
Place cooked wedges of fried fish into a corn tortilla that has been heated over an open flame. Top with:

1 cup grated goat Gouda cheese
2 large, diced Roma tomatoes
Shredded butter lettuce
Sliced avocado or guacamole