

No-Fish Tacos

All the goodness and crunch of a fish taco with the new catch of the day, fillet of zucchini!

INGREDIENTS:

No-Fish Fillets:

3-4 medium zucchinis

Batter:

1 cup brown rice flour
1 teaspoon garlic powder
1 teaspoon onion powder
1 1/2 cups unsweetened non-dairy milk

White Sauce:

1/2 cup vegan mayonnaise
Juice of 1/2 lime

Accompaniments:

8-10 corn tortillas
2-3 cups red and green cabbage, thinly sliced
2 avocados, sliced or your favorite
guacamole
Pico de Gallo
Lime wedges
Sprigs of cilantro
High heat oil for frying



DIRECTIONS:

1. Cut the stem ends off each zucchini, cut each zucchini in half to make two even pieces about 3-4 inches in length. Next, slice each piece lengthwise into fourths to create four equal fillets about 1/4th inch thick each.
2. Mix together the brown rice flour, garlic powder, onion powder, sea salt and black pepper salt in medium mixing bowl. Add the non-dairy milk and mix well.
3. Combine the vegan mayonnaise and lime juice in a small bowl and set aside. Prepare the cabbage, avocado, lime wedges, sprigs of cilantro, and Pico de Gallo and set aside.

4. Warm the tortillas by wrapping them in foil and placing them in a 350 degree oven for 10-15 minutes or heat them individually on a flat grill a minute or two on each side. Prepare the tortillas while frying the zucchini fillets and keep them warm.
5. Pour about 1/2 an inch of canola or vegetable oil in a medium frying pan. Heat to just a touch below full heat. Drop a sample of the batter in the oil, when it bubbles vigorously it's ready.
6. Using tongs dip the zucchini fillets in the batter and coat them evenly one at a time. Transfer 4-5 pieces into the frying pan and cook them in batches for best results. Turn the fillets once or twice for even browning. Cook about 3-5 minutes then transfer the fillets to a paper towel lined plate to absorb any extra oil.
7. Build the tacos by placing one or two fillets in each heated corn tortilla, add a spoonful of white sauce then top with shredded cabbage, pico de gallo, avocado or guacamole, another drizzle of white sauce and a sprig of cilantro. Serve with a wedge of lime.
8. Grill instead of Fry: Zucchini fillets can also be grilled instead of fried. Coat them with a light amount of oil then cover them with a dry seasoning rub and grill a few minutes on each side.

Vegan Ceviche

2 cups seafood substitute (choose from steamed and crumbled tempeh, sliced mushrooms, sliced hearts of palm, or organic textured soy)

Juice of 2-3 limes

2 teaspoons ground cumin

1teaspoon garlic powder

1/2 medium red onion, diced small

8 roma tomatoes, seeds removed, diced

1 large cucumber, peeled, seeds removed and diced 1 large jalepeno, seeded and minced

1/2 bunch cilantro, stems removed and minced

1 large firm avocado, diced

Sea salt and freshly ground black pepper



10 corn tortillas sprayed with olive oil cooking spray and baked at 450 degrees for 10-12 minutes, or ten store-bought tostadas

If using tempeh cut the tempeh into cubes and steam in a steamer basket on medium high for 10- 15 minutes. Remove from heat, transfer to a medium mixing bowl and cool.

Prepare the tomatoes, cucumber, jalapeño, red onion, cilantro and avocado and add to the cooled tempeh.

Combine the lime juice, cumin, and garlic powder in a small bowl, whisk to combine then pour over the tempeh mixture. Season with salt and freshly ground pepper and chill for 1-2 hours before serving.

Serve the chilled ceviche molded and arranged on a plate with tortillas, serve in a margarita glass or prepare ceviche tostadas. Garnish with a drizzle of chipotle cream sauce and a slice of avocado.

Great creative and add additional optional veggies: mango, jicama, hot house cucumbers, English cucumbers, bell pepper, serve with additional salsas and vegan cream sauce.

If using dried textured soy place one cup in a medium saucepan with three cups of water, two bay leaves and a teaspoon of oregano. Simmer on medium heat for 10-12 minutes or until softened, drain the soy, let it cool and mix it in.



Chipotle Cream Sauce

1 1/2 tablespoons adobo sauce (the sauce from canned chipotle chilies in adobo)

1 cup vegan mayonnaise

juice of 1/2 lime

In a small mixing bowl whisk together the adobo sauce, lime juice and vegan mayonnaise. Transfer to a squeeze bottle to serve and store in the refrigerator.

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