



A LOCAL *Ontario food* EXPERIENCE

menu of the week

fish tacos

chili-roasted carrots

cinnamon-dusted chocolate ice cream

Fish Tacos

Adapted from *Good Food for All – The Stop*. Serves 4.

- 1 lb (500g) fish fillets (pickereel, whitefish, char, perch)
- Vegetable oil
- Kosher salt and freshly ground pepper
- 2 limes
- 1 cup sour cream
- 1 1/2 cups shredded green cabbage
- 8 – 12 AlbaLisa corn tortillas
- From These Roots MangoPeach Passionflower Salsa

Preheat broiler. Rub fish with a teaspoon of vegetable oil and season well with salt and pepper. Lay fish on baking sheet lined with parchment paper and broil until opaque and just cooked through, 4 to 5 minutes, depending on the thickness (approx 5 min per half inch). Remove from heat and allow to cool.

In a small bowl, combine zest of 1 lime with sour cream. Set aside. Using two forks, gently flake fish apart to produce 1-inch pieces. Place in a bowl and set aside.

Squeeze juice from the zested lime over the shredded cabbage, season lightly with salt and pepper, and toss gently to combine. Cut remaining lime into wedges and set aside.

Heat a dry skillet to medium high and toast two tortillas at a time, flipping occasionally to warm through. If not serving immediately, stack and wrap loosely in foil.

Assemble tacos with some fish, cabbage, MangoPeach Passionflower Salsa and a dollop of lime sour cream. Serve with lime wedges.



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Chili-Roasted Carrots

Adapted from *Eating Well*: September/October 2009. Serves 4.

- 2 tablespoons Pristine Gourmet Canola Oil
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 2 pounds carrots (10-12 medium), cut into 1/4-inch diagonal slices
- 2 tablespoons chopped fresh coriander
- 2 tablespoons lime juice

Position rack in lower third of oven; preheat to 450°F. Combine oil, chili powder, cumin and salt in a medium bowl. Add carrots and toss well to coat. Spread out on a rimmed baking sheet. Roast the carrots, stirring once, until tender and golden, 20 to 25 minutes. Toss the carrots with cilantro and lime juice. Serve immediately.

Culinarium shopping list

1 lb (500g) Purdy's fish fillets (pickereel, whitefish, char, perch)
1 head green cabbage
2 packages AlbaLisa Corn Tortillas
1 jar From These Roots MangoPeach Passionflower Salsa
1 sour cream
2 lbs carrots
fresh coriander
Pristine Gourmet Canola Oil
Mapleton Organic Chocolate Ice Cream

other

4 limes
chili powder
cinnamon

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