



## INGREDIENTS

### Fish

1 lb. of fish, sliced in strips  
1 c of flour  
3 eggs  
1 c Panko breadcrumbs  
1 Tbsp Coconut or Extra Virgin Olive Oil  
Hand-made corn tortillas

### Cilantro Sauce

1 c mayonnaise  
½ c chopped cilantro  
2 cloves of garlic, chopped  
1-2 Tbsp of lime juice, to taste  
Salt and black pepper, to taste

### Sweet & Sour Cabbage

¼ c coconut oil (can substitute butter)  
1 small head of red cabbage, finely shredded  
4 med. Apples, peeled and sliced  
½ red onion, chopped  
1 c red wine  
4 whole cloves  
1/3 c brown sugar  
2 bay leaves  
¼ c vinegar  
¼ c butter  
Juice of 1 lemon

## FISH TACOS WITH CILANTRO SAUCE AND SWEET & SOUR CABBAGE

Serve with Munselle Vineyards Coin Flip Ranch Chardonnay

PREP TIME 20 mins

COOK TIME 1 hour

SERVES 6 people

## DIRECTIONS

Start the coleslaw. Melt coconut oil in a heavy pot, add apples and onion; sauté for four minutes. Add cabbage, red wine, cloves, sugar, and bay leaves. Cover and simmer for 1 hour.

Blend the Cilantro Sauce ingredients together in a small bowl and set aside.

Fry the fish. Whisk the eggs. Take slices of fish and dredge them first in flour, followed by the egg mixture and finally, the Panko Breadcrumbs. Heat the oil in a frying pan and fry for approx. 1 minute, 30 seconds on each side. The fish should appear slightly rare on the inside and the crumbs will turn medium to dark golden brown.

Once the coleslaw has finished cooking, add vinegar, lemon juice and butter. Stir until melted, and then serve immediately.