



Fish Tostadas

Ingredients

Vegetable oil to toast tortillas
4 corn tortillas (6 ")
1 TB ground cumin
1 TB ground coriander
½ t. salt
¼ t. black pepper
1 lb fish fillets
1 garlic clove, halved
2 TB Fresh lemon juice
3 cups shredded lettuce
2 cups prepared salsa

Directions

Pour an inch of oil into a heavy skillet and heat until a small drop of water flicked into the pan sputters. Ease tortillas one at a time into the hot oil & fry both sides until pale brown & crisp, using metal tongs to flip each one over carefully. Drain on paper.

In a small bowl, combine the cumin, coriander, salt, & pepper. Rinse the fish & pat it dry. Rub each fillet with the cut side of the garlic clove & then with the spice mixture. Arrange the fillets on a broiling pan or sheet of aluminum foil and pour the lemon juice evenly over them.

Broil the fish about 3 inches from the flame for 5 to 10 minutes, until its juices run clear. The broiling time will depend on the thickness of the fillets. When fish is cooked, remove from the broiler and break it up into bite-sized chunks.

Assemble the tostada by layering each crisp tortilla with one fourth of the greens and fish, and top with salsa.

Source: CSF subscriber Toni Kayser Weiner