HOUSE SPECIAL No. 03 / THE SUPPLY MENU

Baja Fish Bandit

8 tacos / serves 4 / about 30 minutes / Thawed boneless fish. Skillet seared, no deep fryer.

8 small (6-inch) corn tortillas

1 lb boneless white fish, thawed

2 cups finely shredded green cabbage

1/2 cup diced tomato, for pico

2 tbsp finely diced white onion, for pico

1 tbsp chopped cilantro, plus extra to serve

1/4 cup Mexican crema or sour cream

2 limes, for juices below and serving wedges

1 tbsp neutral oil

1 tsp chili powder

1/2 tsp each ground cumin, smoked paprika and garlic powder

1/4 tsp salt for fish, plus a pinch for toppings



Prep the seasoning, cabbage, pico and crema at home; cook the fish at camp. Use thawed boneless cod, tilapia or pollock and sear it just before eating. Plan tacos early in the trip, with reliable cold storage. No long marinade and no extra cooling-and-reheating cycle.

01 / Get Your Toppings in Order.

Use the listed tomato, white onion and cilantro for pico; toss with 1 tsp lime juice and a pinch of salt, then drain. Mix the listed crema with 1-1/2 tsp lime juice and a pinch of salt; thin with a little water if needed. Toss cabbage with 2 tsp lime juice and a pinch of salt just before serving. Keep toppings chilled. Cut the remaining lime into wedges.

Contains fish and milk. Check tortilla and spice labels for other allergens. Food images are generated illustrations. Timing is estimated.

THE METHOD / FOOD BEFORE FASHION

Dinner Is Under Control.

Keep cold toppings chilled until assembly. Scale batch sizes to your skillet; cook in batches when needed.

02 / Season the Catch.

Keep raw fish separate from toppings. Pat thawed fillets dry, check for bones and cut into manageable pieces of similar thickness. Mix the listed chili powder, cumin, smoked paprika, garlic powder and fish salt; coat both sides. Wash hands, board and utensils after raw-fish contact. Use a clean plate for cooked fish.



03 / Give It Some Skillet Time.

Heat the listed oil in a skillet over medium-high. Add fish without crowding and cook about 3-4 minutes on the first side, then turn carefully and cook 2-4 minutes more. Timing varies with thickness; lower heat if spices burn. Check the thickest part reaches 145 F with a food thermometer. Transfer to a clean plate and flake into large pieces. Work in batches rather than crowding the pan.



04 / Assemble the Evidence.

In a separate dry skillet, or the cleaned fish skillet, warm tortillas for 15-30 seconds per side until flexible. Stack under a clean towel. Divide the cooked fish evenly among the tortillas, then add about 1/4 cup cabbage per taco, a spoonful of drained pico and a light drizzle of crema. Serve immediately with cilantro and lime. Makes 2 tacos per person; add a side for bigger appetites. Taco 'bout a clean getaway.



PREP AT HOME / CLEAN UP LESS

Camp Smart. Eat Again.

Pack by meal, leave the glass at home and save a clean portion before serving. Breakfast deserves a plan.

BEFORE THE WHEELS TURN

Thaw fish in the refrigerator and follow its package instructions; remove it from reduced-oxygen or vacuum packaging before thawing when the label requires. Keep raw fish in a leakproof container below ready-to-eat food at 40 F or below and use within 1-2 days after thawing, or sooner if the label says. Pack cabbage, pico and crema separately; mix dry seasoning at home. Never thaw fish on the dashboard.

NON-EDIBLE GEAR

Large nonstick or well-seasoned skillet, spatula, knife, board, mixing bowls, paper towel, clean serving plate, food and cooler thermometers, separate raw-fish container and cleanup kit.



DINNER GETS AN ENCORE

Cook only what you need when practical. Save cooked fish separately from tortillas and toppings, then chill promptly in a shallow container. Reheat saved fish to 165 F for next-day tacos or a rice bowl. Dress only the cabbage you will eat so the rest stays crisp.

THE COOLER IS PART OF THE RECIPE

Keep perishables at 40 F or below and use a cooler thermometer. Wash hands and utensils with soap and potable water. Chill leftovers promptly in small, shallow containers with enough cooling capacity. Discard perishables left out more than 2 hours total, or 1 hour above 90 F. Use refrigerated leftovers within 3-4 days of original cooking, or sooner under the label; reheating does not restart the clock. Reheating cannot reliably rescue food kept too warm.

HOW TO PACK YOUR MEALS + DOWNLOADABLE PACKING GUIDE

FS.gov cooking temperatures USDA reheating FS.gov handling FDA seafood handling Vacuum-Packed Fish USDA: Unsafe Food