

MARTY'S BLACKENED GROUPE TACOS

Credit: Marty Gallipeau



INGREDIENTS

- 1 Pound Yellow Edge Grouper ([Anna Marie Shrimp](#)), or any firm white fish such as cod or pollock
- 6 Good Quality Corn or Flour Tortillas
- 3 Tablespoons Blackened Seasoning (try [Traeger Blackened Saskatchewan Rub](#), or [make your own!](#))
- Avocado, sliced
- Red Cabbage, chopped
- Canola Oil
- Salt and Pepper, to taste

Badfish Baja Sauce

- 1 Cup Plain Greek Yogurt
- 1/2 Lime, juiced
- 1 Teaspoon Garlic Powder
- Sriracha, to taste
- Sea Salt, to taste

Homemade Pico De Gallo

- 1/2 Cup Red Onion, finely chopped
- 1/4 Cup Fresh Cilantro, finely chopped
- 1 Lime, juiced
- 3/4 Pound Tri-Color Cherry Tomatoes, chopped
- 1 Small Jalapeno, ribs and seeds removed, finely chopped (optional)
- 1 Small Fresno Chili, ribs and seeds removed, finely chopped (optional)
- Salt and Pepper, to taste

PREPARATION

- 1. Pat the grouper fillets dry, and slice into one-inch thick strips. This will create more surface area for the blackened seasoning. Rub the fillets with oil and then generously rub with blackened seasoning on all sides. Set aside.**
- 2. Prepare the Pico de Gallo: combine all ingredients and season with salt and pepper to taste.**
- 3. Prepare Badfish Baja Sauce: combine all ingredients. We use a 5.3oz cup of Chobani Nonfat Greek yogurt and mix all ingredients inside of the yogurt cup. Add sriracha for taste and color. We also like to add a dash of sweet hot sauce, such as Sweet Reaper sauce, or sweet chili sauce.**
- 4. Heat a cast iron skillet over medium-high heat with canola oil. Once the pan is hot, place a few strips of grouper onto the skillet, leaving some room between each strip to ensure that every side gets a nice sear. After two minutes, flip them and let cook for 5 minutes total. Remove from the skillet and place on a rack. Repeat with the remainder of the grouper strips.**
- 5. While your fish is cooking, you can warm the tortillas in another skillet over low heat, so they are soft and pliable.**
- 6. Now you are ready to construct your tacos! Start with a tortilla, a spoonful of Badfish Baja Sauce, a strip of blackened grouper, some finely chopped red onion, spoonful of Pico de Gallo, and sliced avocado on top. Pair with a pale ale or amber ale!**