

Frank's piggly wiggly®

Fish Tacos

- 1 cup all-purpose flour
- 2 tablespoons cornstarch
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 cup beer
- 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 1 lime, juiced
- 1 jalapeno pepper, minced
- 1 teaspoon minced capers
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried dill weed
- 1 teaspoon ground cayenne pepper
- 1 quart oil for frying
- 1 pound cod loins, cut into 2 to 3 ounce portions
- 1 (12 ounce) package corn tortillas
- 1/2 medium head cabbage, finely shredded



To make beer batter: In a large bowl, combine flour, cornstarch, baking powder, and salt. Blend egg and beer, then quickly stir into the flour mixture (don't worry about a few lumps).

To make white sauce: In a medium bowl, mix together yogurt and mayonnaise. Gradually stir in fresh lime juice until consistency is slightly runny. Season with jalapeno, capers, oregano, cumin, dill, and cayenne.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Dust fish pieces lightly with flour. Dip into beer batter, and fry until crisp and golden brown. Drain on paper towels. Lightly fry tortillas; not too crisp. To serve, place fried fish in a tortilla, and top with shredded cabbage, and white sauce.



Perfect 10 Baked Cod

2 tablespoons butter
1/2 sleeve buttery round crackers
(such as Ritz®), crushed
2 tablespoons butter
1 pound thick-cut cod loin
1/2 lemon, juiced
1/4 cup dry white wine
1 tablespoon chopped fresh parsley
1 tablespoon chopped green onion
1 lemon, cut into wedges



Preheat oven to 400 degrees F (200 degrees C).

Place 2 tablespoons butter in a microwave-safe bowl; melt in microwave on high, about 30 seconds. Stir buttery round crackers into melted butter.

Place remaining 2 tablespoons butter in a 7x11-inch baking dish. Melt in the preheated oven, 1 to 3 minutes. Remove dish from oven.

Coat both sides of cod in melted butter in the baking dish. Bake cod in the preheated oven for 10 minutes. Remove from oven; top with lemon juice, wine, and cracker mixture. Place back in oven and bake until fish is opaque and flakes easily with a fork, about 10 more minutes.

Garnish baked cod with parsley and green onion. Serve with lemon wedges.



Mexican Baked Fish

- 1 1/2 pounds cod
- 1 cup salsa
- 1 cup shredded sharp Cheddar cheese
- 1/2 cup coarsely crushed corn chips
- 1 avocado - peeled, pitted and sliced
- 1/4 cup sour cream



Preheat oven to 400 degrees F (200 degrees C). Lightly grease one 8x12 inch baking dish.

Rinse cod under cold water, and pat dry with paper towels. Lay cod side by side in the prepared baking dish. Pour the salsa over the top, and sprinkle evenly with the shredded cheese. Top with the crushed corn chips.

Bake, uncovered, in the preheated oven for 15 minutes, or until fish is opaque and flakes with a fork. Serve topped with sliced avocado and sour cream.

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Cod Fish Cakes

- 2 large potatoes, peeled and halved
- 1 pound cod fillets, cubed
- 1 tablespoon butter
- 1 tablespoon grated onion
- 1 tablespoon chopped fresh parsley
- 1 egg
- 3 tablespoons oil for frying



Place the potatoes in a large pot of water; bring the water to a boil. Let the potatoes cook until they are almost tender.

Add the fish to the pot and let the fish and potatoes cook until they are both soft. Drain well and transfer the potatoes and fish to a large mixing bowl.

Add butter, onion, parsley, and egg to the bowl; mash the mixture together. Mold the mixture into patties.

Heat oil in a large skillet over a medium-high heat. Fry the patties on both sides until golden brown. Drain on paper towels before serving.