

Blue Corn and Cod Taco with a Salsa Matcha

Ingredients

- 6 oz of Cod
- 2 Cups of Dry Blue Corn Masa
- 4 Limes
- Salt
- 1 Pinch of Paprika
- ½ Cup of Water
- ½ Cup of Cilantro (Finely Chopped)
- Olive Oil
- 1 Cup of Dried Guajillo's
- 1 Teaspoon of Black Pepper
- 1 Cup Fava Beans
- 2 Rainbow Carrots

Instructions

Cod

1. In a bowl, marinate the cod with the juice of 2 limes and salt. Let stand for 30 minutes.
2. Grill on high for 3 minutes on each side.

Salsa Matcha

1. In a medium pot, heat 1/2 cup of olive oil for about 5 minutes on medium heat.
2. In a bowl mix together paprika, cilantro, dried guajillo's, the juice of 2 limes, and a pinch of salt.
3. Pour over hot olive oil to the dry mix and stir slowly.

Fava Beans

1. In a pot, boil water with a pinch of salt and add whole fava beans.
2. Cook for 45 seconds, then strain and throw in an ice water bath.
3. Once cooled, take bean pods out of the stem and add to salsa matcha.

Fried Carrots

1. Take raw carrots and start peeling to make ribbons.
2. Fry ribbons at 350 degrees in a pot of oil.

Blue Corn Tortillas

1. In a bowl, add 2 cups of blue masa and season with a pinch of salt and 1/2 cup of warm water. Should create a Play-Doh consistency.
2. Scoop into 2 oz balls and press in a tortilla press or whatever you have to create shape.
3. Cook on medium heat for a minute on each side in a non-stick pan.

