



## Flathead Fish Tacos

### Tortilla

- 350g flour
- 1 teaspoon salt
- 1.5 teaspoons baking powder
- 3 tablespoons lard, vegetable shortening, or vegetable oil
- 190ml warm water (not hot)

### Directions

1. Mix everything but water until you get a cornmeal texture with flour.
2. Add water gradually and mix until it comes together.
3. In a floured surface, knead until smooth.
4. Cover and rest dough for 10 minutes.
5. Divide dough into 16 even pieces or 35g per piece.
6. Roll into balls. Flatten them with a rolling pin or a tortilla press, 1/8 in thick.
7. Sear in a cast iron pan until it puffs up.
8. Rotate until other side is cooked.

### Tzatziki (mint yoghurt)

- ¼ bunch of fresh mint (finely chopped)
- 1 clove garlic (finely chopped)
- Pinch of Vegeta
- Pinch of pepper
- ½ a lime
- 250grams of natural Greek yogurt

### Fish Marinade

- Dash of olive oil
- tablespoon if paprika
- pinch of black pepper
- Teaspoon of vegeta

Gently combine and rub into the fish.

### Tapenade

- 150gr green olive
- 150gr Kalamata olive
- 2 x garlic cloves
- 2 tablespoons of olive oil
- Pinch of pepper

In a food processor gently blend until combined