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## BLACK FOREST VERRINES

Pickling 3h in advance – Prep 55'– Serves 4 - Easy

*For the pickled red onions:*

1 red onion  
70g caster sugar  
80ml white wine vinegar  
1 ½ tsp salt  
1 ½ tsp black peppercorns  
½ cinnamon stick

*For the slaw:*

300g white cabbage  
1 small apple  
1 tbsp lemon juice  
1 tbsp honey  
1 tbsp olive oil  
3 tbsp fresh parsley, chopped  
salt

*For the mayonnaise:*

80g mayonnaise  
1 tsp harissa paste  
2 tsp lime juice

100g salted tortilla chips  
20g flour  
1 egg  
400g cod or haddock  
olive oil, for frying  
salt and pepper  
8 small tortilla wraps or 4 standard size ones  
2 limes, to serve

1. Start by pickling the onion. Peel, halve and finely slice the red onion – preferably with a mandolin. Put into a bowl.
2. Put the sugar, vinegar, salt, black peppercorns and cinnamon into a small saucepan and bring to the boil. Pour the liquid over the onion slices, cover and leave to pickle at room temperature for 3 hours or overnight (putting them into the fridge after 3 hours).

3. Once the onions are ready, make the slaw. Remove the tough stem from the cabbage and finely slice - preferably with a mandolin. Put into a bowl.
4. Quarter, core and peel the apple, grate and add to the cabbage. Drizzle with the lemon juice, honey and olive oil. Add the parsley and season with salt and pepper. Toss and leave to rest for 30 minutes while you prepare the rest.
5. Make the spicy mayonnaise by mixing the mayonnaise, harissa and lime juice. Refrigerate until needed.
6. Put the tortilla chips into a ziplock bag and bash with a rolling pin until resembling fine breadcrumbs. Put onto a plate.
7. Put the flour onto another plate and season with salt and pepper.
8. Put the egg into a deep plate and beat.
9. Cut the fish into 8 long slices, resembling little fish fingers. Toss each fish finger in the flour, then dip into the egg and then into the tortilla crumbs, covering the entire fish finger in crumbs.
10. Once all the fish fingers are breaded, heat enough olive oil in a pan to cover the base. Fry the fish fingers for 5 minutes, turning regularly until golden on all sides.
11. Meanwhile, heat half a teaspoon of olive oil in another frying pan and fry the tortilla wraps, one at a time, for about 1 minute on each side. This will make them puff up a bit and become crispy. Alternatively, microwave the tortillas for 30 seconds at 600W. Distribute the tortilla wraps among 4 plates.
12. Drain the fish fingers onto kitchen paper to absorb the excess oil.
13. Top each wrap with cabbage slaw. Put one fish finger on top if you're using mini tortillas, or two if using standard size tortillas. Top with pickled onions, drizzle with mayonnaise and squeeze some lime juice over each taco.

**TIP:**

- For a quick version you could use frozen fish fingers and just cook them according to packet instructions
- You can put the pickled onions in a jam jar and keep them in the fridge for up to three weeks
- Harissa paste is a Tunisian hot chilli pepper paste. If you can't get hold of it, you can just add spicy chilli sauce to the mayonnaise.

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