

FISH TACOS

TEMPTING TACOS

ONE OF THE EASIEST WAYS TO EAT FISH ALSO HAPPENS TO BE THE MOST BELOVED.

BY ASHLEY RYAN

There's something about a fish taco that has long captivated those along the coast. Whether hard shell or soft, with fish crispy or grilled, these savory dishes offer endless combinations that allow you to customize the flavor.

Blackened Mahi Taco at Asada

Tacos & Beer: Fresh mahi-mahi is blackened in a skillet before being placed atop warm, house-made corn tortillas along with cabbage, mango-pineapple relish, poblano cream and cotija cheese. (949-226-7263; asadatacos.net)

Laguna Tacos at Laguna Fish

Co.: A unique shrimp and fish sofrito makes up the filling for these tacos, which come with mozzarella cheese, cabbage and a pasilla lime aioli on crispy corn tortillas. (949-715-1002; lagunafishco.com)

White Fish Taco at Rasta Taco:

Choose between a corn or flour tortilla before deciding on seared or blackened basa fish, which is popular for its combination of high-quality protein and healthy omega-3 fats, layered with mixed cabbage, onion, cilantro and a house-made chipotle dressing. (949-715-1510; rastataco.com)

Crispy Fish Taco at Wahoos'

Fish Taco: Add some crunch to your plate with this long-standing favorite, which features wild-caught Alaskan flounder—a sustainable choice—that's seasoned and lightly breaded on a corn tortilla flavored with melted cheese before it's layered with citrus slaw and a cilantro-roasted pepper sauce. (949-497-0033; wahoos.com)



Clockwise from top: Carmelita's Kitchen de Mexico; Rasta Taco; Laguna Fish Co.

Blackened Wild Salmon Taco

at La Sirena Grill: After adding a house blend of blackening spices, the salmon is sautéed in a pan then added to a handmade corn tortilla with aioli and pico de gallo as well as Sirena cabbage. (Downtown: 949-497-8226; south Laguna: 949-499-2301; lasirenagrill.com)

Grilled Fish Tacos at Carmelita's

Kitchen de Mexico: Made from scratch daily, the restaurant uses halibut in its fish tacos, roasting the seafood in wine before grilling it to perfection, then adding a citrusy lemon tartar sauce to complement the fish; it's finished with cabbage and avocado. (949-715-7829; carmelitaskdm.com)