

RECIPES

Tuna "Carnitas"

This dish is a perfect example of the elegant, lighter style of Mexican cooking often referred to as *nueva cocina Mexicana*. It is a delicious way to serve one of the world's healthiest foods. If you exclude sashimi, which requires nothing more than slicing the fish and putting out garnishes, it is about as easy as anything so delicious can be to prepare. It is designed to imitate the traditional preparation of fatty pork cooked in lard called *carnitas*, using much lighter ingredients. When I saw it demonstrated on Chef Rick Bayless's cooking show, I nearly kicked myself for not thinking of it sooner. Deep frying in oil with no batter or breading is the way the famous lobster dish that originated in Puerto Nuevo, Baja California is prepared, and I have been using that technique with more reasonably priced shrimp and scallops for years.

Learn more about the [nutrition information](#) provided below.

Yields : 4 servings

Nutrition (per serving)*

Calories - 322

Total Fat - 14 g

 Saturated Fat - 3 g

 Trans Fat - 0 g

Cholesterol - 60 mg

Sodium - 123 mg

Total Carbohydrates - 25 g

Dietary Fiber - 1 g

Sugars - 0 g

Protein - 28 g

About the recipe

Because of the texture and fat content of this particular fish it creates much the same crunchy exterior contrasted with a soft interior that makes the original pork *carnitas* so popular. And if the oil is anywhere near the right temperature the fish absorbs very little of it, making it a very healthy and slimming dish. To make it in small batches I suggest you put about 2 inches of oil in a saucepan that is about 6 inches in diameter. You simply fry the fish until it is crispy on the outside but still fairly rare in the very center, cut it into small pieces and serve it with corn tortillas, guacamole, and salsa so that each person can make their own fish tacos. To get the temperature right, use a deep fry thermometer.

Ingredients

Canola oil for deep frying

1 pound ahi (yellowfin) tuna, preferably sashimi quality

8 hot corn tortillas

½ cup guacamole

Salsa

Lime wedges

Directions

1. Cut and fry the fish. Cut the fish into pieces about 3 inches long 1 inch wide, and ¼ inch thick. Fry the pieces at between 350 and 375 degrees for about 1 minute. They should be crispy brown on the outside and still a bit rare in the center. At first the pieces of fish will try to come together in the oil, at which point they will stick to each other, so try to keep them apart with kitchen tongs.

2. Serve. Diners should cut their portions into bite size pieces, place them in a corn tortilla, top with some guacamole, salsa and a spritz of lime juice.