

Fish Tacos with Mango Salsa

A Freeze Dried Pantry Recipe

This is a freeze dried pantry recipe made from individually freeze dried ingredients

[Live.Life.Simple's: Freeze Drying in Canada: Fish Tacos and Mango Salsa](#)

Ingredients:

For the mango Salsa

1 Cup Freeze Dried Mango
¼ Cup Freeze Dried Onion
¼ Cup Freeze Dried Bell Peppers
2 tbsp Freeze Dried Cilantro
2 tbsp Freeze Dried Jalapenos
Tsp Lime or Lime Powder (to taste)



Directions:

1. All ingredients are from your Freeze Dried Pantry (recipes for each ingredient can be found in the on-line cookbook)
2. Add all ingredients to a jar or mylar if you wish to store or bring with you, or just add to a small/medium mixing bowl to make at home.
3. Rehydrate with instructions below. (Use our beer batter recipe found in this book to make delicious beer battered fish.)
4. Cut cooked fish into smaller pieces and add to a tortilla or hard shell taco and top with mango salsa.

Recipe Notes: We used walleye and northern pike but many types of fish can be used to make the tacos

Rehydration: Add loose ingredients to a Bag, jar or bowl with 1 cup of water. (You can add more if you prefer a thinner consistency) Let stand for 3-5 minutes or until the mango is soft. Stir or rotate the container during rehydration. You can let this sit refrigerated for up to 24 hours to let the flavors fully incorporate.



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*XL Tray = 15 Cups/Tray
Small = 4 Cups/Tray

Cycle times & rehydration for reference only
Large Tray = 8 Cups/tray Medium = 6 Cups/Tray