TEXAS 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Taylor Rutherford					
CATEGORY *Please check one*	☐ Appetizer	☒ Main Dish	☐ Side Dishes	☐ Healthy Desserts	
COUNTY	Rusk				
DISTRICT	5				

Name of Recipe: Bass Tacos		
Prep Time: 30 min	**Cook Time:** 10 min	Cost: 4.37

Type Recipe Here:

Bass Tacos
Ingredients
Fish
1. Two fillets of bass(any other white fish can work)
2. ½ a small lime
3. 2 tablespoons of melted butter.
4. 1 tablespoon of chili powder
5. ½ tablespoon of salt
6. 1½ tablespoon of paprika
7. ½ tablespoon of cumian

Avocado Sauce
1. 1 chopped jalapeno pepper
2. ¼ cup of cilantro
3.½ cup of greek yogurt
4. 1 avocado
5. 1 tablespoon of lime juice
6.½ tablespoons of salt

Coleslaw
1.1 cup of cabbage
2.½ cup of mayonnaise
3.½ small lime juice
4.½ tablespoons of salt
5.½ tablespoons of cumin

The first step is to take your spices and mix them together in a small bowl. Next cover your fillets on both sides with melted butter, then add the spice mix. Make sure to rub the spice mix on. Set those aside while we make the avocado sauce. Start with the chopped jalapeno pepper, add the 1/4 cup of cilantro, the ½ of greek yogurt, and last the 1 avocado. Next add the lime and salt. For the coleslaw take 1 cup of chopped cabbage and add to mayonnaise, lime juice, salt, and cumin. Finally make sure your pan is hot and add butter. Then pan fry the fish. That brings us to the end of our recipe.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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