



## Grilled Bluefish Tacos with Yogurt Cilantro Dressing

*This month's recipe features an often underutilized and underappreciated fish, the not-so humble Atlantic bluefish. If you see one whole, they have very sharp teeth. Large schools herd bait into balls and then blitz through them, leaping high in the air and churning up the water. They are highly migratory species that swim up and down the Atlantic coast. Their populations vary by location from Florida to Maine, but their stock health is generally good. They are more on the oily side, grill well and pair well with a sauce. We see them in New England in the summer months, beginning in Rhode Island about now and lasting into August.*

### Ingredients

#### *Yogurt and dill dressing*

- 1/2 cup Greek-style, whole-milk yogurt
- 2 tablespoons olive oil
- 1 teaspoon Dijon Mustard
- juice of half a lemon
- 1 tablespoon finely chopped cilantro
- 1/2 teaspoon salt

#### *Grilled Bluefish*

- 1-1.5 lbs bluefish fillets, skin on
- 1 minced garlic clove
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon cumin
- salt (smoked salt if you have it)
- fresh ground pepper
- extra virgin olive oil
- juice from half a lemon

### Directions

1. Mix yogurt dressing ingredients and refrigerate
2. Mix bluefish spices and rub onto fillets with garlic



3. Drizzle olive oil on fillets
4. sprinkle lemon juice on fillets
5. Set in refrigerator for 10 minutes
6. Preheat the grill
7. Gently lay fillets, skin side down on hot grill or fish grate
8. Grill for 5-6 minutes. Thicker fillets may take longer
9. Gently flip the fillet and grill under a closed lid for 1-2 minutes.
10. Warm your favorite tortillas
11. Lay fish in warmed tortillas and top with yogurt dressing
12. Serve with grated cabbage or fresh greens and cilantro garnish
13. Grilled bluefish tacos are also great with mango salsa and/or guacamole.