Bachelor Birder Fish Dish

Danny Catt, Springsong 2019 Guest Birder, writes: "I have had the pleasure of cooking several fishy meals for Margaret, Graeme and her Pelee Island birding friends. For this recipe, you can use any mild white-fleshed fish, such as cod, haddock, or perch. My choice is wild rockfish (sometimes called snapper) and a piece of wild Pacific cod. The fish can be either baked or pan fried, your choice."

INGREDIENTS

700G–1KG mild white-fleshed fish

Rock salt to taste (I like Himalayan)

Pepper to taste

1 CUP Panko or regular breadcrumbs

¼ CUP all-purpose flour

2 LARGE eggs

TARTAR SAUCE

1 CUP mayonnaise

I LARGE or 2 small dill pickles, finely chopped

A DAB of Dijon mustard

2 TSP fresh lemon juice

Salt & pepper to taste

Mix together, adding a splash of pickle juice to thin the sauce.

METHOD

TO BAKE: Preheat oven to 425ºF. Oil a baking sheet lightly.

TO PAN FRY: Use heavy frypan and avocado oil (or any low-smoke-point oil; not olive oil.)

Cut fish fillets into portion size and rinse with fresh water.

Arrange three bowls on your counter.
(BB Tip: ideally of different colours, sizes, and shapes)
In #1, mix the flour with salt and pepper.
In #2, whisk two eggs. (BB Tip: Add Thai sweet chile sauce to the eggs.)
In #3, add Panko or breadcrumbs.

Dip a fish fillet into Bowl #1, coating each piece thoroughly with seasoned flour. Dip the flour-coated fillet in the egg mixture in Bowl #2. Then coat the fillet with the Panko in Bowl #3. Repeat until all the fillets are coated. Allow coated fillets to rest in the fridge for 15 minutes or so. Not essential, but it helps keep the fish from overcooking.

TO BAKE: Bake 15-20 minutes or until the fish flakes easily with a fork. Cooking time will vary depending on the thickness of your fillets.

TO PAN FRY: Heat the oil in the frypan. Fry each filet for no more than 3 minutes per side. (Exact time depends on the thickness of the fillets.)

Serve hot fish with tartar sauce and lemon wedges, steamed rice and vegetables.

SERVES AS MANY PEOPLE AS YOU INVITE.