

Indian-style Fried Fish (Brian Keck)

1 ½ lb. sole, cod, rock fish, or any white fish fillets
¾ t. salt
dash of freshly-ground black pepper
1 ½ t. ground cumin seeds
½ t. ground turmeric
½ t. cayenne pepper
2 T. very finely chopped fresh green coriander (cilantro)
2 eggs
4 t. water
1 ½ c. bread crumbs
vegetable oil for frying (enough to have ½” in frying pan)

Cut fillets crosswise and at a slight diagonal, into ¾” wide strips. Lay the strips on a plate. Combine salt, pepper, cumin, turmeric, cayenne, and fresh coriander. Sprinkle on fish, pat down so the spices adhere to the fish. Turn fish and do the same on the other side. Set aside for 15 minutes. Break the eggs into a deep plate. Add 4 t. water and beat slightly. Spread the bread crumbs on a second plate. Dip the fish pieces first in the egg and then in the crumbs to coat evenly. Put about ½” of oil in a large frying pan and heat on medium. When hot, put in as many pieces of fish there is room for and fry for 2 – 3 minutes on each side until golden brown. Remove with a slotted spoon and drain on paper towel. Serve hot with tartar sauce and lemon slices.

“This is my family's favorite way to eat fish. It can be spicy, if that is a problem then reduce the cayenne pepper to ¼ t. or even less.”