

Salt and Pepper Fried Whole Rockfish with Olive and Capers



Preparation Time: 15 minutes

Cook Time: 15 minutes

Servings: Serves 4

Ingredients:

1ea rockfish 3-4lb

1/2c white cornmeal

1/2c corn starch

1/2c flour

2tbsp salt

2tbsp Sichuan peppercorn

8c canola oil

1oz garlic

1oz ginger, peeled

1oz shishito pepper (or jalapeno)

1oz kalamata olive, pitted

1oz capers

2tbsp Thai basil

1ea lemon

2tbsp fish sauce

Description:

Recipe by Chef Rachel Yang

INSTRUCTIONS

Filet the Rockfish. Cut the filets into 2oz pieces. Reserve fish backbone.

Slice garlic and ginger into 1/8" slices and cut shishito peppers into 1" pieces.

Mix white cornmeal, cornstarch, ap flour with 1tbsp salt and 1tbsp Sichuan peppercorn.

Heat oil to 375F in a large wok or pot.

Dredge rockfish pieces in cornmeal mixture including the fish bone. Fry them until crispy and firm. Fry garlic, ginger, shishito peppers, Kalamata olive, caper, and Thai basil.

Season everything with 1tbsp salt and 1tbsp Sichuan peppercorn mixture.

Place fried fish bone on the plate. Pile all fried pieces on top of the fish bone. Drizzle with fish sauce and lemon.

WHY DID I CHOOSE ALASKA ROCKFISH FOR THIS RECIPE?

Rockfish is popular for its sweet and meaty flesh. Reimagining classic Chinese style whole fried fish with Italian flavor and ingredients, this dish is an easy crowd pleaser. Seasoning with fish sauce instead of salt after the fish is fried makes the dish even more scrumptious.