

FRIED HAKE OVER COCONUT RICE WITH TURMERIC SAUCE

I'm not a huge fan of flaky white fish unless it's fried. Originally I thought I'd try this in the airfryer—which you could do—but knew I'd like it better frying it in oil. It was worth the extra calories. I served it with some coconut rice that I had left over and I made a quick turmeric sauce to pull the dish together. Feel free to mix and match your favorite rice dishes and sauces! If you come up with a good one, let me know!

INGREDIENTS (serves 2-3)

FOR SAUCE

2 Tablespoons Canola Oil

1 medium onion, chopped

1 Tablespoon fresh Turmeric, grated

1 clove garlic, grated

$\frac{1}{2}$ tsp ground cumin

$\frac{3}{4}$ cup coconut milk

Salt and pepper to taste

FOR RICE

1 $\frac{1}{2}$ cups coconut milk

2 cups chicken broth

2 cups basmati rice

1 teaspoon fine sea salt

$\frac{1}{4}$ cup currents

$\frac{1}{4}$ cup sweet shredded coconut

zest of one lemon

FOR HAKE

1 cup canola oil

1 pound Hake (or Cod or other flaky white fish), filleted

1 egg, beaten

$\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup panko

Salt and pepper

$\frac{1}{4}$ cup thinly sliced green onion

Tzatziki for garnish (optional)

PREPARATION

FOR SAUCE

In a sauce pan, heat the olive oil until it begins to shimmer. Add the onions and cook until translucent, about 4-5 minutes.

Place the onions, tumeric, garlic, cumin and coconut milk in a blender. Season with salt and pepper and blend on high until smooth. Taste and re-season if necessary. Set aside.

FOR RICE

In a saucepan, combine coconut milk, broth, rice, salt, currents and shredded coconut. Bring the mixture to a boil, then cover, turn down the heat and simmer for about 18 to 20 minutes, until the liquid is absorbed. Turn off the heat, then let stand covered for 5 to 10. Fluff the rice with a fork,

then gently stir in the lemon zest.

FOR HAKE

Season the hake with salt and pepper. Cut into two or three equal sized pieces. Place the flour, egg and panko, each in their own bowl. Season each with salt and pepper and mix. Dredge each piece of the fish through the flour, then the egg, then the panko.

In a large, deep skillet, heat the cup of oil on medium heat. The oil should come up about $\frac{1}{2}$ " high in the pan. Add more if necessary. Bring up to 350 degrees.

Using tongs, gently place the fish pieces in the pan. Be careful of splatters. Cook until brown, about 3-4 minutes. If it's browning too quickly, lower the heat. Carefully flip each piece over and cook until the other side is brown, about another 3-4 minutes.

To plate, place some rice in the center of the plate. Pour some of the tumeric sauce over the rice. Place a piece of fish on top. Garnish with green onions and a spoonful of tzatziki.