



Friday Fried Fish & Cilantro-Lime Tartar Sauce

For the fish:

1 1/2 lbs white fish (cod or sole)
2 cups panko breadcrumbs (I use Four Sisters & A Brother Gluten-Free)
2 eggs, lightly beaten
salt and pepper
oil, for frying

Wash the fish and pat dry. With a sharp knife cut the fish into thin strips. Soak the fish strips in the eggs then dredge them in the breadcrumbs. I use a mix of homemade gluten-free breadcrumbs and Four Sisters & A Brother Italian Herbed Gluten Free Bread Crumbs. Panko breadcrumbs would be delicious too.

In a cast-iron skillet or deep pan, heat the oil. Fry the fish in batches until golden brown and crispy. Drain onto a paper towel lined plate. Season with salt and pepper. Serve with lime wedges and Cilantro-Lime Tartar Sauce.

For the Cilantro-Lime Tartar Sauce:

1 cup mayonnaise
1 – 2 clove(s) garlic, minced
2 tsp capers, roughly chopped
2 tsp cornichons, chopped
2 tsp freshly squeezed lime-juice
1 TBS fresh cilantro, chopped
Salt & Pepper

Mix all ingredients together and keep in refrigerator until ready to serve. Best if made 2-4 hours in advance. Will keep for a week in the refrigerator.

