

Red-Fried Fish

<http://www.nytimes.com/2005/12/07/dining/072mrex.html?ex=1135400400&en=488f454cf47a7378&ei=5070>

From Article by Mark Bittman
Ever So Humble, Cast Iron Outshines The Fancy Pans
December 7, 2005

Time: 40 minutes

Ingredients

Corn, grape seed or other neutral oil for deep-frying
1 teaspoon ground ginger
1/2 teaspoon cayenne, or to taste
1 teaspoon mild paprika
Salt and pepper to taste
1/2 cup flour
1 egg
2 tablespoons lime juice
1 pound thin fillets of a white fish like flounder or fluke,
in 4-inch strips about 1 inch wide (almost like fish fingers)
1 lime, cut into wedges.

Method

1. Put at least 1/2 inch oil in cast-iron skillet. Over medium-high heat, bring oil to 350 degrees. (A drop of batter will sizzle energetically but not violently at this temperature.)
2. Meanwhile combine ginger, cayenne, paprika, salt, pepper and flour in a bowl. Beat egg with lime juice and about 1/4 cup cold water; stir into mixture, and stir in as much water as necessary to achieve consistency of pancake batter. Stir in fish.
3. When oil is heated, gently slide a few pieces of fish into it; do not crowd. Fry, turning once, until fish is crisp and golden brown all over, about 5 minutes. Repeat with rest of fish as necessary. Drain on paper towels, and serve immediately with lime wedges.

Options:

Sprinkle Tony's on top for more salt/cayenne
Sprinkle salsa (onion, tomato, cilantro) on top

Yield: 4 servings.