

Egyptian Fried Fish

Ingredients

Fish & Marinade:

- 2 lbs white fish fillets (e.g., cod, tilapia, sole)
- 6 garlic cloves
- 1 tablespoon ground cumin
- 1 tablespoon salt
- 1/4 cup lime or lemon juice

For Frying:

- 1.5 cups all-purpose flour
- 1/2 cup cornmeal (optional, adds crunch)
- 4-6 cups vegetable oil, for frying

For Serving:

- Lemon or lime slices
- Rice and Tahini sauce (optional)

Instructions

1. **Prepare the marinade:** In a mortar and pestle, blend the garlic, salt, ground cumin, and lime juice until it forms a paste.
2. **Marinate the fish:** Clean and rinse the fish fillets thoroughly. Place them in a container with a lid and add the marinade, ensuring all pieces are evenly coated. Cover and refrigerate for 1-2 hours (less is ok)
3. **Prepare for frying:** Mix the all-purpose flour and cornmeal (if using) in a shallow dish. Heat the vegetable oil in a pan over medium-high heat.
4. **Dredge and fry the fish:** Remove the fish from the marinade and dredge each fillet in the flour mixture, shaking off any excess. Carefully lower the coated fish into the hot oil.
5. **Cook until golden:** Fry the fish in batches, ensuring the pan isn't overcrowded, until both sides are golden brown and crispy (about 4 minutes per side).
6. **Drain and serve:** Transfer the fried fish to a paper towel-lined plate to drain excess oil. Serve immediately with lemon or lime slices, and optionally alongside rice and tahini sauce.

Tomato salad:

Fresh tomato slices, fresh onion slices, minced garlic, cumin, salt, vinegar or lime juice, and some olive oil. Slices of jalapeno or chili peppers can be used to add heat.