



WINERY & VINEYARDS™

Triple-Dipped Crispy Fried Fish & “Mondo” Tartar Sauce with Dirty Rice, Clean Version

To Accompany Alma Rosa 2008 Pinot Noir Mt. Eden Clone El Jabalí Vineyard Sta. Rita Hills

By Chris Burroughs, Tasting Room Manager

For Fish:

One “nice” filet per person (or more if you want leftovers for a sandwich the next day): cat fish, tilapia, snapper, dorado

Peanut oil or canola for frying

Creole-style seasoning: homemade or Emeril’s or Paul Prudhomme’s

Quantity of next 4 ingredients depends on how much fish you are doing:

Beaten egg

Flour

Panko (Japanese bread crumbs)

Lemon or lime

Rinse and dry fish filets. Sprinkle with a little lemon or lime juice. Season lightly with Creole seasoning. Dredge in Creole-seasoned flour. Dip into Creole-seasoned egg, then into Creole-seasoned Panko. May be prepared ½ hour before frying. Let rest on rack over cookie sheet.

Pour oil into heavy skillet, to a depth about half the thickness of the fish. Heat until very hot (350-365°). Fry fish until crispy-gold on first side, then flip and get the other side done. Rest a moment on paper towel, if needed, then serve. If you don’t want to do the rice, the fried fish is equally good with crispy potatoes or potato salad, corn maque-choux, sweet potato fries, cole-slaw, etc.

For Tartar Sauce:

No specific measurements or ingredients; I always “wing it” with whatever I’ve got, including (usually everything that is on the shelves of your refrigerator door...):

Celery

Pickles (sweet or dill)

Jalapenos

Pepperoncini

Capers

Green onion

Purple onion

Garlic... etc...

... Just chop everything to uniform small-dice pieces (except mince the garlic fine)... add a dollop of Creole mustard, a squeeze of lemon, salt and pepper to taste, and just enough mayonnaise to bind it all together. Serve alongside the fish.

For Rice (Dirty Rice traditionally has chicken innards in it (hence the “dirty”...) I’m not big on innards, so I “cleaned” it up for this version...):

1 c long-grain rice

2-3 spears of celery, chopped small-ish

½ c onion, cut as the celery

½ bell pepper (red, yellow, green – your preference), as the onion & celery

Sprig of fresh thyme

2 bay leaves

Creole-style or blackened seasoning

2 cloves minced garlic

2 cups stock or broth

oil or butter for sautéing

Chopped fresh parsley & chopped green onion for garnish

In your rice-pot, heat oil or butter and add vegetables, herbs and seasoning, stirring until it all starts to integrate and vegetables begin to soften; keep going to get a little bit of caramelization, then add the rice and garlic. Stir to get the rice coated and garlic aromatic. Add liquid, bring to boil, then cover and reduce heat to low; cook until done (normal rice-style), about 20 minutes.