



Fried Fish with Caribbean Green Seasoning

This recipe came about when I wanted a pescatarian-friendly version of Paul Carmichael's Bajan fried chicken. Crumbed pan-fried flying fish is a specialty of Barbados and I think flathead makes a good alternative. You'll only need about half the Green Seasoning for this recipe, keep the rest in the fridge for up to a week (or frozen for up to 3 months); it's great served with everything, especially seafood and poultry. Add more or less chilli to suit your taste or serve some extra on the side for the real chilli heads – just remember those habaneros can be hot! Serve some of Paul's cucumber souse with your fried flathead if you like (see video).

Serves 2



INGREDIENTS

- 360g flathead fillets, skin off, pin-boned
- Vegetable oil, for deep-frying
- 1 cup plain flour
- 2 tablespoons cornmeal
- Salt flakes and freshly ground black pepper, to taste

Green Seasoning

- 1 small brown onion (about 120g), chopped
- 2 green onions, chopped
- 1/3 cup flat-leaf parsley leaves and thin stems, chopped
- 1 tablespoon thyme leaves
- 1 1/2 tablespoons marjoram or oregano leaves, chopped
- 1/2 small habanero, chopped (about 2-3g)
- 1 tablespoon coconut vinegar
- 1 teaspoon lime juice
- Salt flakes and freshly ground black pepper, to taste

METHOD

1. Make Green Seasoning: blitz all ingredients together into a food processor to form a paste.
2. Combine fish with half the Green Seasoning and set aside to marinate for an hour or 2.
3. Pour oil into a heavy-based frying pan and heat to 180°C (it's ready when small bubbles form around the handle of a wooden spoon placed into the oil).
4. Combine flour, cornmeal, salt and pepper in a plastic bag.
5. Add fish pieces a couple at a time and shake to coat well.
6. Working in batches if necessary, fry fish for a minute or 2, turning occasionally until coloured and crisp and just cooked through.
7. Carefully scoop from the oil with a large slotted spoon or spider and drain on paper towel-lined wire rack over a plate.
8. Sprinkle with salt and serve hot.