



Southern Fried Salmon

While fried chicken is the Southern classic, a similar process works just as well with fish. I love salmon for this recipe as its oiliness echoes the richness of the chicken skin in the traditional recipe. It's good to brine the fish, just as you do chicken, to add moisture and flavour, but it doesn't need as long as chicken, just 10–15 minutes is fine as it's in smaller portions and doesn't contain any bone. And the Alabama White Sauce that works so well alongside Southern fried chicken is a perfect accompaniment to Southern fried fish too..

Serves 2



INGREDIENTS

- 300g salmon fillet, skin on, pin-boned
- 100g plain flour
- Vegetable oil, for deep-frying
- Salt flakes and freshly ground black pepper, to taste
- 2 green onions, finely sliced
- Alabama White Sauce, for serving

Brine

- 500ml water
- 50g natural cooking salt

Southern Spice Blend

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon ground black pepper
- ½ teaspoon ground white pepper
- ½ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ¼ teaspoon salt flakes, crushed

METHOD

1. Make Brine: Bring half the water to the boil. Add salt and stir until it dissolves. Remove from heat, add remaining water and refrigerate until completely cold.
2. Cut salmon into large bite-sized pieces.
3. Place in the brine and set aside for 10–15 minutes.
4. Meanwhile, make Southern Spice Blend: Combine all ingredients.
5. Mix flour with Spice Blend in a large bowl.
6. Strain fish, add to flour and toss well to coat each piece, pressing the flour onto the skin and flesh. Set aside for 30 minutes or so.
7. Heat oil to 180°C.
8. Toss fish well in the flour again, pressing as much onto it as possible.
9. Fry fish, in batches if necessary, for about 3 minutes stirring occasionally, until just cooked through.
10. Drain on a rack over a paper towel-lined plate.
11. Arrange on a platter, sprinkle with salt, pepper and green onions.
12. Serve with Alabama White Sauce.