

Spicy Fried Silver Carp Sandwich with Citrus Herb Sauce

Recipe courtesy of Chef Tamie Cook

SERVES 4



INGREDIENTS

Citrus-Herb Sauce:

- ½ cup sour cream or Greek yogurt
- 3 tablespoons chopped fresh cilantro
- 1 tablespoon chopped chives
- 1 tablespoon chopped fresh mint
- 1 tablespoon lime juice
- ¼ teaspoon salt
- 1 pinch black pepper

Other:

- 4 toasted, potato buns
- Peanut oil for frying
- Lettuce (optional)
- Red onion (optional)

DIRECTIONS

For the sauce:

Place the sour cream, cilantro, chives, mint, lime juice, salt and black pepper in a small bowl and whisk to combine. Refrigerate until ready to use.

For the fish:

Place the fillets into a shallow dish and pour over the buttermilk. Set aside. Place 1 inch of oil in a large Dutch oven, set over medium high heat and bring to 350°F.

Meanwhile, place the cornmeal, flour, salt, five spice, ginger, black pepper, paprika, garlic powder and Cayenne in a small bowl and whisk to combine. Transfer to a shallow dish large enough to fit the fillets.

One at a time, remove fillets from the buttermilk, dredge each fillet in the spiced coating and set aside. Working in batches, gently add the coated fillets to the oil and fry until cooked through and golden brown, 2 to 4 minutes, depending on the size of the fillets. Remove to a cooling rack and repeat until all of the fish is cooked. To serve, spread each side of the bun with sauce and top with fish. Add lettuce and red onion if desired.

Silver Carp Brandade

Recipe courtesy of Chef Michael Gulotta

SERVES 6 - 8



INGREDIENTS

- 8 ounces of silver carp fillet
- 2 tablespoons sea salt, plus additional to taste
- 10 ounces Yukon gold potato, peeled and diced
- 4 cloves garlic, peeled
- 1 2-inch piece fresh ginger, peeled and sliced
- ¼ stalk lemongrass, thinly sliced
- 1 sprig thyme
- 2 strips orange peel
- 2 lime leaves
- 1 pinch crushed red pepper flake
- 3 cups coconut milk
- ½ cup extra virgin olive oil
- 1 cup grated Emmentaler cheese
- Cayenne pepper to taste
- Fish sauce to taste
- One loaf crusty bread

DIRECTIONS

Cut the carp into 1-inch thick slices. Spread the slices in a baking dish and sprinkle with sea salt. Refrigerate, uncovered, overnight.

Place the carp, potato, garlic, ginger, lemongrass, thyme, orange peel, lime leaves, crushed red pepper flake and coconut milk into a medium saucepan. Set over medium high heat and bring to a simmer. Decrease the heat to maintain a simmer and cook until potatoes are just fork tender, about 20 minutes.

Heat the oven to the high broil setting.

Strain and reserve the coconut milk. Discard the thyme stem. Place the remaining ingredients from the pot into a food processor. Blend the mixture until smooth. With the processor running, stream in the olive oil and ¼ cup of the reserved coconut milk. Add more coconut milk if needed to create a creamy, mashed potato texture.

Taste and season with Cayenne pepper and fish sauce as desired. Add additional salt as needed. Transfer the mixture to a small baking dish and top with cheese. Broil until the cheese is golden brown and bubbling.

Serve hot with crusty bread for dipping.