

## November 11th Cook a Fish, Give a Fish class w/ Noah Cain, Coast Guard House

### Recipe: "Liman Style" Whiting

**Ingredients:** Serves 2-4 depending on how many fish you buy

#### Middle Eastern Salsa Verde

- 1 bunch of cilantro
- 1 bunch of parsley
- 2-3 garlic cloves
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 2 jalapeño seeded
- ¼ cup olive oil

#### North African Chili Sauce

- 10 dried chilis (ancho, New Mexico, or guajillo) not spicy
- 3 garlic cloves
- 1 tsp caraway seed
- 1 tsp cumin seed
- 1 tsp coriander seed
- ¼ cup olive oil

#### Fish

- 2-3 whole whiting per person
- 1 cup all-purpose flour
- 2-3 Tbs of canola or vegetable oil (will work with olive oil)
- Salt

#### Sides

- 1.5 lbs small potatoes, fingerlings or other small "creamy style" potatoes if you can find them (they are creamier and have thinner skins)
- 1 stick butter
- 3 bay leaves
- Salad greens of your choice
- Salt and pepper to taste

**Notes from the chef:** This recipe is inspired by a popular restaurant in Hamburg called Liman, run by a Turkish family. Liman means "port" in Turkish and Hamburg is a huge seafood/ port city. I'm adding my own style to their style with some condiments that are associated with the region.

These spices are usually available at most grocery stores, but if a spice isn't available everyone can make do with what they have. Participants can get any kind of dried chilies they want, I am advising a medium heat level, some names of those are New Mexico, guajillo, Ancho—even Chipotle if it's dried. I would not recommend the very spicy small Thai chilies, dried habaneros or other small, strong peppers.

#### Instructions:

1. Clean fish, and butterfly as instructed. (We will go over this in class.)
2. Put dried chilis in pot of water and boil for about 10 minutes. Take out of water when done. (Don't throw out water). Once chilis have soften and rehydrated, throw all other ingredients for North African Chili Sauce in blender and blend for about 30 seconds. If too thick you can add a bit of the water. Taste and season with salt and pepper.
3. Toast 1 tsp cumin and 1 tsp coriander in sauté pan over medium heat for about 1 minute till you smell the spices. Transfer to small bowl.

4. Rinse potatoes. Melt butter in large rim pot over medium heat. Add potatoes and bay leaves, cover, keep at medium- medium low heat and cook for about 20 total stirring about every 5 minutes. You will know potatoes are done when they are easy to smush or cut. When done spoon potatoes onto serving dish.
5. While potatoes are cooking, we will make the Middle Eastern Salsa Verde. Add all ingredients to blender and blend for about 30 seconds until everything is broken down into a sauce.
6. Make plate with flour on it.
7. Salt and pepper fish.
8. Heat sauté pan on medium high heat with 2-3 Tbs of oil. While heating flour fish by laying fish into plate with flour. Pat fish then flip and flour the other side. Shake off extra. Then gently lay floured fish into pan. You can probably fit 2 fish in your pan at a time, so you will need to cook in batches. Fish will cook for about 3 minutes one side and flip for about 1 more minute. Place cooked fish on plate with paper towel. Repeat steps as necessary till all your fish are cooked.
9. Serve fish with sauces on side, potatoes, and salad.
10. Open your favorite beer or wine, or beverage with your favorite people and enjoy!

### **Tools Needed:**

- Sharp knife
- 2 Cutting boards (you can get by with one if you wash it between fish and veggies)
- A food processor or blender for processing the sauces
- 1 small pot for boiling water
- A large rim pot about 3" deep with a lid (for potatoes)
- Slotted or wooden spoon
- A large sauté pan big enough to hold 2-3 fish at a time
- 2 plates or shallow dish to dredge fish in flour
- Paper towels
- Small bowls to place sauces in