

Haddock Jan

By Janice Abendroth

Seasoned Fried Haddock upon a bed of Saffron Rice, topped with a Cilantro Lime Slaw, finished with Sriracha Mayo

Prep time to serving time: 45 minutes

Cook Saffron Rice according to package instructions.

In large saucepan with tight fitting lid, bring 2 1/2 cups of water to a boil. Add 2 tablespoons of olive oil or butter and one package of yellow rice, stir while boiling for 1 minute, Cover saucepan tightly. Reduce heat to simmer and cook for 20-25 minutes. Once done, set aside.

Prepare Slaw:

1 head of Nappa Cabbage sliced very thinly, enough for 4 cups

2 small Red Onion sliced very, very thinly, 3/4 cup

1/2 cup of chopped Cilantro

Combine and set aside

Dressing for Slaw

3/4 cups of Mayonnaise

1/4 cups of fresh squeezed lime juice

1/2 teaspoons of Cumin

1/2 teaspoons of Garlic Powder

1/4 teaspoons of Cayenne pepper

1/4 teaspoons of Smoked Paprika

Combine and refrigerate. Dress the slaw just before serving.

Prepare Haddock: Fresh or previously frozen

2 large Filets of Haddock - cut each in 1/2 to make 4 portions total. Pat dry.

Dredge in seasoned flour made with:

1 cup flour or gluten-free flour

1 tsp cumin

1 tsp ginger

1 tsp smoked paprika

Make better for fish! I use Krusteaz Buttermilk Complete Pancake Mix. You can use any "just add water" pancake mix, including gluten free pancake mix. Use 2 cups of mix and 1 1/3 cup of water. Batter should be on the thick side. Add extra water if you want to thin it down a bit.

Dip dredged haddock in batter and fry in oil until crispy. Flip over once to cook other side. Internal temp should reach 140-145 degrees. Fry in small batches.

While cooking the fish, add dressing to slaw.

Assemble plates!

Fill a ramakin level with rice and invert in center of plate to make a mound of rice, place a piece of fried haddock on top and add about a 1/2 cup of prepared slaw to the top! Drizzle sriracha mayonnaise over the top and edges of the plate, sprinkle with black sesame seed and serve!