

Breaded Rockfish, Lemon Rice and Seared Vegetables

Cook a piece of breaded rockfish tonight using an age-old cooking method that I watched my mother perform many times. It's a frying method using flour, egg and breadcrumbs and it works for chicken, meat or fish.

Tonight's fish is served with a homemade tartar sauce and complimented with the bright flavors of Lemon/Scallion Rice and seared summer squash with fennel.

Preparation time: 45 mins. - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they're easy to add when needed. Prep 2 cloves chopped garlic: 1 for the Tartar Sauce and 1 for the Seared Vegetables. There are two preps for onion: 3 chopped green onions for the Lemon/Scallion Rice and 2 T. chopped sweet onions for tartar sauce. Chop 4 T. parsley: 2 T. for the Lemon Rice and 2 T. for the Tarter Sauce.

Lemon/Scallion Rice

1 C. brown rice
2-1/4 C. water
pinch of salt
1-1/2 C. cooked brown rice

2 T. lemon juice
mixed with
1/4 C. low-sodium vegetable broth
pinch of salt

3 green onions (bulb and stems cut into thin rounds)
2 T. parsley (chopped)

Tartar Sauce

2 T. sweet onion (finely-chopped)
1 clove garlic (smashed and chopped)
1 tsp. sesame oil
1 T. lemon juice
2 T. parsley (chopped)
2 T. dill pickle (finely-chopped)

2 T. mayonnaise
mixed with
1/4 C. plain, nonfat Greek yogurt

Seared Vegetables

2 tsp. canola oil
one 8" zucchini (sliced into rounds)
one 8" yellow summer squash (sliced into rounds)
1 clove garlic (smashed and chopped)

1 tsp. canola oil
1 C. fennel (thin sliced)
4 T. lemon juice
mixed with
2 tsp. granulated sugar
3 T. chopped basil

Breaded Rockfish

Breeding:

1/4 C. flour
1 egg (whisked)
2/3 C. bread crumbs

Fish:

3 tsp. canola oil
16 oz. rockfish fillets

salt and ground pepper
drizzle of lemon juice

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting some rice on to cook for the Lemon/Scallion Rice. Bring rice, water and salt to a hard boil. Reduce heat to medium-low. When boil has settled down, cover pan and set a timer for 25 minutes.

Tartar Sauce

Combine onion, garlic, sesame oil, lemon juice, parsley and dill pickle in a small bowl. Toss well.

Mix mayonnaise and yogurt together in a separate bowl and then stir all ingredients together. Set aside.

Lemon/Scallion Rice

1. Measure 1-1/2 C. cooked rice into a medium sized bowl.
2. Mix lemon juice, broth and salt together in a separate bowl and pour over rice.
3. Microwave 2 minutes on high.
4. Stir in chopped green onions and parsley. Set aside.

Seared Vegetables

Heat a sauté pan over medium-high heat until hot. Measure 2 tsp. canola oil into hot pan and roll it around the surface. When the oil begins to shimmer, toss zucchini and summer squash rounds in oil and brown both sides. Sprinkle with chopped garlic and toss about 30 seconds. Remove from pan.

Add additional oil. When oil shimmers, add sliced fennel, toss until it begins to char. Remove from heat. Add lemon juice/sugar mixture and basil and toss about 30 seconds. Return zucchini and squash to the pan, toss and set aside. Reheat just before serving.

Breaded Rockfish:

Breaded Rockfish/Plate

1. Place flour, whisked egg and bread crumbs on 3 separate dinner plates. Pat fish dry with a paper towel and dredge fillets in flour, then dip them in egg and then roll in breadcrumbs.
2. Heat a large sauté pan until hot. Add oil and roll around pan. Place fillets in hot oil and brown on both sides. It takes about 3 minutes to cook each side. Turn heat to low and cook 2 more minutes on each side. Season with salt and pepper, drizzle with lemon juice and serve.

Plate:

Place about 1/3 of the fish on each dinner plate (saving a third of the fish for Thursday). Spoon 3 T. tartar sauce next to each cooked fillet. Divide Lemon/Scallion Rice and seared vegetables between plates and serve.

What I've Learned from this Recipe

The key to successful breaded cooking is to be sure your pan is nice and hot before you add the oil. Test the pan with about 1/2 tsp. water. The water should hop, bubble up and cook away quickly. Use a low-smoke oil like canola or grape seed oil. When the pan is well heated, the hot oil and food being cooked will not stick to the surface.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com