



Servings 4

Prep Time 30 min

Cooking Time 30 min

Fried Panko-Crusted Perch with Spicy Mayo



Ingredients

1 pound of boneless perch fillets
2 to 3 large eggs
1/3 cup of all-purpose flour
1 1/2 cup of Panko breadcrumbs
1 teaspoon of kosher salt, plus extra
Freshly cracked pepper, to taste
1 cup of mayonnaise
4 teaspoons of sriracha
4 teaspoons of lemon juice
Vegetable oil for frying
Extra lemon wedges

Directions

Step 1

To make the spicy mayo, combine mayonnaise, sriracha, lemon juice, and salt and pepper to taste. Add or subtract amount of sriracha to taste. Set aside.

Step 2

Assemble your dredging station: In a wide bowl, beat eggs until no whites are visible and mixture begins to form small bubbles at the edges. Pour Panko breadcrumbs into a shallow bowl/dish and season with 1 teaspoon of salt and pepper to taste. Then pour flour into another. Heat frying oil to 325 to 350 degrees Fahrenheit.

Step 3

When ready, first lightly coat a perch fillet with flour—shaking off excess, and then dip into the egg mixture, and then finally coat in Panko. Fry on both sides until golden and drain on paper towels or a cooling rack. Repeat with the rest of the fish, adjusting heat as necessary. As you work, keep fried fish warm in the oven on the “warm” setting.

Do not overcrowd the fry pan—oil temperature will drop too quickly, which will result in greasy fried fish. Do not allow oil to get too hot; Panko breadcrumbs can burn quickly. Continually keep an eye on the oil temperature with a thermometer and adjust the heat as you cook. If you're not used to working with Panko, it helps to have an extra set of hands in the kitchen.

Step 4

Serve fried fish with spicy mayo for dipping and extra lemon wedges on the side. For a light meal, serve the fish in butter lettuce cups with sliced cucumber, pickled carrot and a dollop of spicy mayo on top.

