



Servings 4

Prep Time 30 min

Cooking Time 15 min

Fried Smelt with Green Sauce



Directions

Step 1

Remove seeds from jalapeno and roughly chop. In a blender or food processor, combine all green sauce ingredients and pulse until completely smooth; adjust amount of jalapeno to your liking. A high-powered blender, such as a Vitamix, will give you a more uniform, smooth green sauce. Whereas a food processor will give you a coarser sauce, as pictured. Season to taste.

Step 2

In a wide, shallow bowl, combine Louisiana Fish Fry Breading Mix, flour and ¼ teaspoon fine sea salt. Stir 1 tablespoon of water into the breading to create little “bits.” Place gutted smelt in a bowl and cover with cold water. Heat oil to 350-375 degrees Fahrenheit.

Meanwhile, remove smelt from water and coat in the breading, pressing the dry bits onto the fish. (Smelt has to be wet for the breading to stick.)

Step 3

When oil comes to temperature, fry coated smelt in batches until golden and crispy. Drain on paper towels or cooling rack. Allow the oil to return to temperature each time you add a new batch of fish. Serve immediately with green sauce.

Ingredients

1 pound smelt, gutted

½ cup Louisiana Fish Fry Breading Mix

½ cup all-purpose flour

¼ tsp. fine sea salt

Frying oil

Green Sauce

1 cup packed cilantro, leaves and stems

½ cup packed parsley leaves

¼ cup chopped red onion

1 clove of garlic

1 jalapeno, seeds removed

1 tbs. lime juice

¼ cup mayonnaise

2 tbs. extra virgin olive oil

Pinch ground cumin

¼ tsp. fine sea salt, plus extra

Freshly cracked pepper, to taste

