



Servings 4

Prep Time 10 min

Cooking Time 60 min

Wild Rice Crusted Pike with Roasted Radish



Directions

Step 1

Clean and trim radishes. Bring a pot of salted water to a boil and cook radishes until tender (smash-able), about 30-40 minutes.

Step 2

Preheat oven to 450° Fahrenheit. Line a large, rimmed cookie sheet(s) with foil. Lightly coat with olive oil and lay cooked radishes in one layer. Smash each radish with a measuring cup or something similar. Coat the top with oil. Bake in the oven until browned at the edges, about 20 minutes. Season with salt to taste.

Step 3

Cut fish into four portions and season with salt and pepper. Heat 2 inches of vegetable oil to 350° Fahrenheit for deep frying. Meanwhile, pour wild rice flour in a dish. In wide bowl, beat 1 egg until thinned and slightly bubbling. Lightly coat fish with wild rice flour, and then dip into the egg and then coat in the wild rice flour again.

Step 4

Fry coated fish until crispy in hot oil, carefully flipping halfway through. Drain and season with fine sea salt. Serve with lemon wedges, roasted radishes and your favorite sides.

Ingredients

1 large pike fillet

½ cup of wild rice flour

1 egg, beaten

Vegetable oil for frying

3 to 4 bunches of radishes

Fine sea salt, to taste

Freshly cracked pepper

2 to 3 tbs. olive oil

Lemon wedges

