



## **Cornmeal Crusted Asian Carp with Fresh Frisee Salad**

*Serves 6*

### *Carp*

- 2 lbs carp filets, patted dry, trimmed of bloodline and sliced into individual portions
- 1 cup rice flour
- 1 cup cornmeal
- ½ tsp red pepper flakes
- 2 cups buttermilk
- 2 eggs
- kosher salt
- black pepper
- Maldon salt for finishing salt
- grapeseed or other neutral, high heat oil for frying

### *Frisee Salad*

- 1 cup thinly sliced sweet peppers
- 1 cup apple cider vinegar
- 1 cup water
- 1 tsp local honey
- 1 tsp kosher salt
- 2 cups frisee lettuce
- 1 tbs red wine vinegar
- 2 tbs olive oil
- kosher salt
- black pepper

### **Directions:**

#### *Carp*

- Mix together rice flour, cornmeal and red pepper flakes along with 1 tsp salt and ¼ tsp black pepper in a shallow baking dish.

- Whisk the buttermilk and eggs together in a shallow baking dish along with ½ tsp salt and ¼ tsp black pepper.
- Lightly season one side of the carp filets with salt before submerging each filet in buttermilk. Allow excess buttermilk to drip off and then transfer to cornmeal, coating carp on both sides. Place on a plate and refrigerate until ready to fry.
- Fill a skillet with tall sides with ¼-½ inch of grapeseed oil. Warm oil until very hot but not smoking. Sprinkle a bit of the extra cornmeal mixture into the oil to test. If it sizzles quickly and bubbles at the surface the oil is ready. If the cornmeal drops to the bottom and then slowly begins to sizzle then it is too cool. If the cornmeal sizzles immediately and begins to darken it is too hot.
- Working in batches, add the carp filets to the oil and cook for 3 minutes before turning, cooking for an additional 2 minutes on the opposite side. Transfer cooked carp to a warm oven (200° or less) to hold until the remainder of the carp has been fried.
- Top with frisee salad and serve immediately.

#### *Frisee Salad*

- Place the peppers in a large ball jar with a lid.
- Place the apple cider vinegar, water, honey and 1 tsp kosher salt in a small pot. Turn the heat to high and stir. As soon as the pickling liquid begins to boil and the sugar and honey have fully dissolved, carefully pour it over the peppers. Allow to sit at room temperature for at least 20 minutes before serving.
- Toss the pickles peppers with the frisee, half of the red wine vinegar, half of the olive oil, a pinch kosher salt and a pinch black pepper. Taste and add additional vinegar, olive oil, salt and pepper if preferred. Plate on top of fried carp and serve immediately.