

Dining with the Chef

Recipes



May 6, Fri. 2016

Rika's TOKYO CUISINE

Deep-fried Rockfish



Seafood

Difficulty



Ingredients (Serves 2)

2 whole goldeye rockfish (*usu-mebaru*), scales and entrails removed
10 g coarse salt (or 2% of the weight of the fish)
potato starch
grated *daikon* radish
ponzu
green onions

Directions



1. Remove the scales, gills, and entrails from the rockfish. Salt the entire surface of the rockfish with coarse salt. Rub salt into the fins, tail, and underbelly. You should use a total amount of salt equal to about 2% of the weight of the fish.



2. Let the salted rockfish rest in a metal tray for about 30 minutes.



3. Pour oil into a pot large enough for an entire rockfish to fit into, to a depth of about 3 cm (enough to entirely cover the rockfish).



4. Dredge the salted rockfish with potato starch, making sure to cover the entire surface, especially the tail, fins, and inside the underbelly.



5. Heat the pot full of oil to about 160°C, then add the rockfish, head first, and fry for about 10 minutes, turning them over after the first 6 minutes.



6. To finish, raise the heat and pour oil over top to make the surface crispy.



7. Transfer the rockfish to a metal tray and drain off the oil. Serve on a plate topped with grated *daikon* radish and with *ponzu* and chopped green onions sprinkled over top.

Tips

Evenly salting the entirety of the rockfish not only firms up the meat, but also improves the flavor.

Make sure to completely coat the rockfish with potato starch to help prevent oil spattering.



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