

Southern Fried Fish & Wilted Spinach

The fish Ingredients:

- 4-8 boneless, skinless, fish filets (flounder, cod, whiting, etc.)
- 1½ cups of all-purpose flour
- 2 cups of cornmeal
- Hot sauce (your favorite brand)
- 2-4 cups of frying oil (I use a blend of extra virgin olive oil & canola oil)

The spinach Ingredients:

- 2 bags of 1 lb. spinach (pre-washed)
- 4 cloves of minced garlic (minced)
- Olive oil (as needed)

Season both (the fish and spinach) to taste, with granulated garlic, paprika, salt, pepper, and old bay seasoning.

Tools Needed:

- Ziplock bags or bowls*
- 2 pairs of tongs*
- 2 sheet pans, 1 lined with a draining rack*
- Large skillet for the spinach (12" to 16")*
- Large frying pan*
- Garlic press or chef's knife*
- Cutting board*

Prep:

1. Set aside all ingredients and tools before beginning.
2. Set up the breading station with a bowl or zip bag for the cornmeal mix, a zip bag or bowl to season the fish, and the tongs (one for the raw fish).
3. Add the flour and cornmeal to one of the bowls. Add generous amounts of the spices (garlic, paprika, salt, pepper, and old bay), then mix it. *Go easy on the salt.*
4. Set up a drainage station: a pan lined with paper towels or a slotted draining rack, and another clean set for the cooked fish.
5. Preheat your oven to its lowest setting (around 170°F). It will be used as a warmer to keep the fish hot and crispy.
6. Clean the fish and put it in a Ziplock bag or bowl to season.
7. Season the fish with the spices (garlic, paprika, salt, pepper, and old bay). Add a few shakes of hot sauce and mix it to coat.

Fry:

1. Preheat oil in the frying pan. Leave at least 2 inches from the top of the pan for the hot oil to expand.

2. Dredge the seasoned fish with the seasoned cornmeal mix and fry it when the oil is hot. This will likely take a few batches.
3. Drain the cooked fish on the draining station. Put it in the oven to stay warm and crispy.

Sauté the Spinach:

1. Heat a large sauté skillet, at medium high.
2. Add a drizzle of olive oil and garlic. Stir.
3. Add the fresh spinach, stirring frequently until it has wilted and all of it is in the skillet.
4. Season it to taste with the spices (garlic, paprika, salt, pepper, and old bay). *Remember, you can add more, but you can't take out the excess salt or seasonings.* Therefore, add a little, taste, then adjust as needed.

This meal is great served with creamy cheese grits and freshly made tartar sauce. Enjoy!