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Orange roughy recipe pan seared

Hint: Pan-Fried Orange Roughy with Sweet Potato Frites and Fish Aioli Curry 2 6 oz orange, coarse, fillets, skin removed 1/4 cup fresh breadcrumbs 1 garlic, cloves, grated zest of one orange 2 Tbsp chopped parsley pinch salt 4 Tbsp unsalted butter 1/4 cup flour 1/4 cup corn 1 tbsp salt 1/2 cup orange, Frites juice 1 sweet potato 3 Tbsp cornstarch 4 cups vegetable oil, for frying in Aioli 2 garlic, cloves, cloves, chopped 1/2 tsp grated orange, zest of 3 eggs, egg yolks 1 Tbsp lemon, juice of 1/2 tsp curry, powder, preferably Madras salt, to taste 1 cup fish olive oil 1. Combine breadcrumbs, garlic, half a zest, 1 tablespoon of parsley and a pinch of salt in a bowl. 2. Heat 2 tablespoons of butter in a small sauté pan over medium heat. Add the crumbs and toast. Stir in the mixture and cook for about 2 minutes or until golden. Remove from heat and set aside to decorate the fish once cooked. 3. Heat the remaining 2 tablespoons of butter in a sauté pan over medium heat. Heat the remaining 2 tablespoons of butter in a sauté pan over medium heat. 4. Mix the flour, cornmeal, the rest, and 1 teaspoon of salt on a plate. Dredge the fish fillets in the mixture and beat the excess. 5. Fry fillets about 3 minutes per side until crisp and golden. Set aside and keep warm. 6. Deglaze the pan with orange juice. Pour the sauce around the fish, but not on it. Sprinkle the roasting crumbs over the fillets. Frites 1. Peel the sweet potatoes and cut them into quarters. Julienne quarters extend on mandolin. Cover with water and place in the refrigerator for at least 1 hour. 2. Heat vegetable oil in a large stockpot up to 365 degrees F. 3. Remove the sweet potatoes from the refrigerator. Drain and dry the potatoes thoroughly. Toss them in a dry bowl with cornstarch. Fry the potatoes in small batches 2 to 3 minutes until crisp and golden. Drain on a paper towel. Aioli 1. Mix the garlic, orange peel, and high egg yolks in a small bowl of food processor until the mixture thickens slightly. 2. Add lemon juice, curry powder and salt. 3. With the processor on high, slowly drizzle in olive oil. Continue to mix on a high until the mixture thickens until the consistency of mayonnaise. Cooling until ready to use. Serve with Pan-Fried Orange Roughy and Sweet Potato Frites. See more: Stir-fry, Dinner, Fish, Main, Potatoes, Fries, Oranges There is a charming old children's song in which a mother persuades her little one to take her first steps in these words: Dance for your father, my little Babby [sic], Dance for your father, my little Lamb! And after that happened, he promised: will have a suspicious. In a little plate, you'll have a fishy one. When the boat comes in. Living and swimming, Roughy's Orange look might easily worry the baby. (Here it is wikipedia photo.) So maybe it's the name, not the U.S. National Marine Fisheries that changed its name in 1976... turn 'Slimehead' into 'Orange Roughy' to increase the attractiveness of fish in the market. Skinned and stuffed, it's a good 'fishy' dish for anyone... infants or adults. A single fillet is the right size to serve one person. The meat is firm and therefore clings tightly when sautéed. And its light flavor is a mandatory foundation for a variety of spices and spices. On the diplomatickitchen menu of A Lunch with Spice and Many Things Nice, Orange Roughy is served with Potato Croquettes and Orange Remoulade Sauce. Remoulade will suit the fish as well as the croquettes. This fish is very spiced and shiny when going to sea. This is how it should look and in no way shows the quality or taste that it burns. Spice-seared Orange Roughy (for 6 people) Note: To print this recipe, or any other diplomatickitchen recipe, go to the bottom of the page, at the end of the post, and click the icon: Print & Pdf. You'll have the option to print in smaller text sizes and without photos. Note Time: Fillets will benefit by a milk bath for up to 6 hours. (See description below for how to do this.) Fillets may be buttered and seasoned first and cooled until just before they are cooked through. Sauté them just before serving.... they will be done in about 6 minutes. Ingredients: 6 Roughy Orange fillets (each fillet weighs about 8 ounces) Optional: Milk, 1 teaspoon Coarse salt and 1 teaspoon coarse Black Pepper for a milk bath. (See Step 1 below.) 4 teaspoons Dried Thyme Leaves (not powdered) 4 teaspoons Cayenne 4 teaspoons Sweet Paprika (Szegedi Paprika from Szeged, Hungary is widely available in the United States and has the best quality.) 2 teaspoons coarse salt 2 teaspoons Garlic Powder 4 teaspoons but Black will do so if you don't have a cup of White Soft Butter 1/2 plus 3/4 cup Butter, melt and clarify: To clarify the butter, melt it slowly in a small saucepan. Tip the pan and skim the foam and white solids, leaving a clear yellow (clarified) part of the butter in the pot. Clarified butter burns at a higher temperature than whole butter and is excellent for sautéing something without burning it. Equipment: Shallow pan or Casserole for optional milk bath, Wide and heavy Pan 1 Small Bowl. Even if the fish fillets are fresh, and of course if they are frozen, a milk bath is recommended to eliminate the smell of 'fishy'. Place the fish in a shallow frying pan or casserole, pour in the milk to cover it, add a teaspoon each of the coarse salt and pepper and let the fish infuse, refrigerated for up to 6 hours. 2. together in small bowls of thyme, cayenne, paprika, salt, salt, powder, and pepper. 3. Remove the fillet from the milk tub (if you have gone that route) and pat dry. Apply both sides of each fillet with some soft butter. Pat the spice mixture on both sides of the fillet. (Fish fillets can be prepared to date in advance and cooled until ready to sauté them.) 4. Pour half of the clarified butter into the pan and heat over medium heat until hot. Add half the fillets and cook for about 3 minutes on one side. (The first side of the fillet, when done, will be golden with blackened edgings.) Turn and cook for about 3 minutes on the second side. Clean the pan, add the remaining clarified butter and sauté the remaining fillets in the same way. Serve at once and with Orange Remoulade Sauce if you wish. Orange Remoulade Redux: for about 1 cup (Recipe repeated below for convenience. This sauce is recommended as a potato croquette accompaniment served with fish in the lunch menu: Lunch with Spices and Lots of Good Things. But, it's good with fish too. Ingredients: 1/4 cup Olive Oil 1/4 cup Green Onion, roughly chopped 1/4 cup Dijon Mustard 1/8 cup White Wine Vinegar 2 Cloves Garlic, chopped 1 and 1/2 teaspoon Sweet Paprika 2 Tablespoons Fresh Orange Juice 3 - 4 drops Fresh Orange Juice more or less to taste 1/2 teaspoon Coarse Ground Salt Equipment: Food Processor equipped with Blade Attachment or Blender a Bowl 1. Place all the ingredients in a processor or blender and mix until the ingredients form a smooth sauce. 2. Transfer the sauce to a bowl and chill, covered, for at least 30 minutes before serving. Any leftover sauce will remain good for days of refrigeration. Note: Spice-seared Orange Roughy is the Main Course of The Lunch Menu: Lunch with Spices and Lots of Good Stuff. Both fish and sauce recipes are adapted from those in the excellent cookbook about 'Cowboy' Cooking: Cooking the Cowboy Way by Grady Spears and June Naylor (2009). Invitation: You are invited to request from diplomatickitchen to your own menu for every occasion by clicking on the 'Ask and Tell' feature here or in the Menu at the top of the page. Do you have a menu concept with one or two gaps that you want to fill... or maybe you're an expat looking for a way to customize your recipes to what's available at home while you... maybe you are just looking for a new way to use familiar ingredients or want advice on how to adjust the number of recipes from diplomatickitchen to smaller or larger groups... Replies will be published in 'Ask and Tell' or emailed if you wish. © Elizabeth Laeuchli, diplomatickitchen, 2011-2013 Be the first to judge this recipe! This! Recipe Makeover Submitted by: FlabulOUSLY Ingredients 4 Orange Coarse Fillets, Thawed2 raw eggs, beaten1/2 cup breadcrumbs3 Tbsp. margarine or vegetable oil & pepper to taste Direction 1.) Heat a large frying pan with 1 tbsp. margarine at medium-high.2.) Coat the fillets with raw eggs and dredge through a plate of breadcrumbs. Make sure the fillets are even coated on both sides.3.) When the margarine has melted, place two fillets in the pan. Cook 2-3 minutes on each side, or until lightly browned. (Make sure the fish is cooked thoroughly.) &Salt fillets; pepper while frying.4.) Repeat with the remaining fillets, and use the remaining margarine/vegetable oil as needed.5.) Place the cooked fillets on paper towels to remove excess margarine/oil. Number of Servings: 4Recipe submitted by SparkPeople flabulously user. 09/27/2007 Orange Roughy is an endangered fish and should not be consumed until it recovers sufficiently from overfishing. Try this recipe with other fish that do not have a great ecocological impact on the environment. 09/29/2003 I used 2 tbsp of orange juice and 1 tbsp of lemon juice (not freshly squeezed), and the taste is still fantastic. Very light and delicious! We enjoyed having this with French Green Beans from this site. 01/14/2004 Speedy, an excellent and healthy entrée. Use plenty of fresh orange and lemon juice (also try lime... very good). The juices will be reduced in a frying pan to form a wonderful smooth flavor sauce. Don't use store-bought orange juice... when reduced it tastes too strong, almost like jam, and will take away from the natural taste of the fish. 08/02/2007 Good basic recipes. I tweaked it a little bit. First I added Old Bay salt and black pepper to all the flour and fish-coated destinations in it. Used 3 clementines (only oranges I have) half a lemon and a quarter lime. Add fresh lemon basil (no lemon pepper) with some coriander to the juice before pouring it over the fish in a frying pan. Add fresh garlic to the oil and a little lemon basil as well before putting the fish in it. Add ground peppercorns for fishing in the pan. Delicious sauces can also be used on tilapia. Will double the juice content if using clementines again as I would have liked more sauce - used 2 fillets (about 1lb). 03/21/2003 Easy recipes. A great way to prepare fish. I don't have oranges but I have some dried orange peel that works well in place of juice. I hope to try this with fresh caught crappie bass and catfish we can catch from a nearby lake. 03/21/2003 Featured Recipes. I'm going to make this again. 05/27/2010 This is a nice light sauce on delicious fish. Very sad that it is My last rough orange. I didn't realize that it was too much until I looked for a recipe for fish that was already in my freezer. I guess I can always prepare another fish this way, maybe tilapia like everyone else suggested? 02/14/2003 02/14/2003 very tasty! It really takes 5 minutes from start to finish. Worth a try and I'll make this again for sure. 12/03/2003 Can't beat this recipe for great low calorie flavor preparation speed. Well done! 1 of 11 Lemon-Orange Orange Roughy Orange tahoegirl 2 of 11 Lemon-Orange Orange Roughy LatinaCook 3 of 11 Lemon-Orange Orange Roughy lovetoeat 4 of 11 Lemon-Orange Orange Roughy Pamie T. 5 of 11 Lemon-Orange Orange Roughy floridascrubtech 6 of 11 Lemon-Orange Orange Roughy Vanessa Brown 7 of 11 Lemon-Orange Orange Roughy WVmom 8 of 11 Lemon-Orange Orange Rough Matt Fiddes 9 of 11 Lemon-Orange Orange Roughy Patti Nelson Tallacksen 10 of 11 Lemon-Orange Orange Roughy Lynda Q 11 of 11 Lemon-Orange Orange Roughy Yanko Yanko

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