***Peshkado Frito***

**Fried Fish**

By Sharon Gomperts and Rachel Emquies Sheff

The Sephardic Spice Girls

Makes 6 servings as a main dish

**Fish**

2 pounds of cod, sea bass, sole, or halibut, either in 1 large piece

or cut into equal-size fillets

1 teaspoon kosher salt, plus a pinch

1/4 teaspoon ground black pepper

1 teaspoon garlic powder

1⁄2 lemon

2 large eggs

Sunflower oil, for frying

2 small carrot sticks

2 cups all-purpose flour

***Agristada* sauce**

2 large eggs

Juice of 1-2 lemons

2 tablespoons sunflower oil

1 teaspoon salt, or to taste

1 teaspoon ground black pepper, or to taste

3 tablespoons all-purpose flour

2 cups water

To prepare the fish, line a rimmed baking sheet with a cut-open brown paper bag,

or line with paper towels and place a wire rack on top.

Wash the fish under cool water, then pat dry with paper towels. Season the fish with

the teaspoon of salt and let it sit for 10 minutes. Pat dry again, then season evenly

with the pepper and garlic powder. Squeeze the juice from the lemon half evenly

over the fish. If the fish is still in one large piece, cut it into equally sized portions.

In a wide bowl, whisk the eggs with a pinch of salt, then set aside.

Heat about 1 inch of the oil in a large skillet over medium-high heat for about 7 to 8

minutes. Add the carrots to prevent the oil from burning.

Meanwhile, put the flour in a shallow wide bowl, rimmed plate or dish with sides such

as a pie pan. Dredge each portion of fish in the flour, evenly coating all sides. When

the oil is ready, dip and coat all sides of each floured piece of fish in the beaten egg

and immediately and carefully slip a few at a time into the hot oil. Let each piece of

fish fry for 2 to 3 minutes before turning over. Flip again until each side is golden and

crisp. Transfer fried fish to the prepared baking sheet to drain. Discard the carrot sticks.

Keep the fried fish in a warm place if serving immediately or reheat in a 400°F oven for

10 minutes. It is best when served hot, although *peshkado frito* is also a dish that was traditionally made on Fridays before Shabbat begins and served at room temperature

for lunch on Saturday.

To make the *agristada* sauce, use a fork to beat the eggs in a medium bowl. Add

the lemon juice, oil, salt, and pepper. Beat again to combine well.

In a separate bowl, mix the flour with a small amount of the 2 cups of water–just

enough to create a smooth paste (a slurry). Stir the remaining water into the

egg-lemon juice mixture.

Pour the egg-lemon juice mixture into a small saucepan over medium heat.

Quickly add the flour-water mixture, whisking constantly. As soon as those are

well blended, lower the heat to a simmer and keep whisking until the sauce has

thickened to a pudding consistency. Serve warm with the fried fish.

*Long-time friends Sharon Gomperts and Rachel Emquies Sheff are the Sephardic Spice*

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