

Phoebe's Philet o' Phish

(with extra tartar sauce ;-)

serves 4

for the Tartar Sauce/Sauce Remoulade:

1 cup mayonnaise (preferably homemade but Hellman's if not)
1 small shallot, finely minced
1 scallion with top, finely minced
1/3 cup cornichons or another pickle (i prefer sour to sweet)
1 tablespoon capers, rinsed, drained and chopped
2 tablespoons (or more to taste) fresh dill + parsley, combined and finely chopped
1 teaspoon lemon juice
a couple of dashes of Old Bay seasoning
a splash of Worcestershire sauce, or soy
a couple of pinches of pure cane sugar
sea salt to taste

for the Fried Fish:

3 cups(organic or non-GMO)neutral oil such as sunflower, safflower or canola
1/2 cup all-purpose flour plus more as needed
2 eggs, lightly beaten
1 1/2 cups fine toasted bread crumbs (homemade from leftover bread)
1 lb (local!) flounder filets or a similar mild fish
kosher salt

to assemble:

4 brioche buns (or another soft white bun)
4 pre-sliced good-quality American or mild cheddar cheese (i like Applegate Farms)

Preparation:

1. make the tartar sauce. stir all ingredients together in a bowl and refrigerate for at least 30 minutes for flavors to combine. taste for seasoning.
2. make the breadcrumbs by ripping apart sliced bread or part of a loaf, laying the pieces on a sheet pan, and toasting in a 350 degree F oven until dry and golden. let cool and process in a food processor until you have fine crumbs.

3. warm the oil in a straight-sided saute pan until it's about 325 degrees F. or a drop of water sizzles when dropped in.
4. place the flour, egg and breadcrumbs in three separate wide shallow bowls season the flounder filets on both sides with salt and pepper dredge the filets in the flour first (shake off excess), then the egg mixture (let excess drip off) and finally the breadcrumbs.
5. fry several of the prepared filets on both sides, removing them with a slotted spatula when they are golden brown and *just* cooked through, about 2 1/2 minutes. place on a rack and season with salt, repeating with remaining filets. do not crowd them.
6. while you are cooking the fish, "steam" the brioche buns by wrapping them together in a clean damp kitchen towel in a 350 degree oven for about 5 minutes. use when warm, not too hot (or the bun will melt the tartar sauce.)
7. immediately assemble the sandwiches by spreading plenty of tartar sauce on the inside of each bun half, place a fish filet on the bottom half, follow with a slice of cheese, top with another filet, and place the other bun half on top. the cheese will soften from the heat of the fish and the (extra!) tartar sauce should drip down the sides of the sandwich.

Y O U ' R E W E L C O M E :-)))