

Leite's Culinaria Hot food, dry wit.™

Crispy Rock Cod in Reduced Citrus

by Eric Gower

from [The Breakaway Cook: Recipes that Break Away from the Ordinary](#)

(William Morrow, 2007)

Serves 4, with extra sauce

One of the many enticements of this dish is its versatility. You can substitute any firm-fleshed fish for the cod, including salmon, and use any kind of citrus you have on hand. The technique—crisping just one side of the fish, then laying the fish, crisp side up, in a small amount of sauce—is borrowed from noted chef Gray Kunz and is a real winner. The hard-to-find ingredient here is rice flakes, but Indian grocers carry them. They make a beautiful crust. Excellent with champagne.

INGREDIENTS

For the sauce

2 cups fresh orange juice
1/2 cup chopped peeled fresh ginger
Pinch of kosher salt
Pinch of cayenne
2 tablespoons maple syrup

For the fish

1 egg plus 1 egg yolk, whisked together
1 heaping tablespoon flour
Pinch of kosher salt
Freshly ground black pepper
4 rock cod fillets, about 6 ounces each
1/2 cup rice flakes, pulsed in a coffee or spice grinder with a pinch of salt and pepper
1 tablespoon unsalted butter
2 tablespoons extra virgin olive oil
Several tablespoons chopped fresh chives

METHOD

Make the sauce

1. Combine the orange juice, ginger, salt, cayenne, and maple syrup in a small saucepan and bring to a boil. Turn down the heat and simmer to reduce by about half (until you have about 1 cup). Taste and adjust salt and sweetness.

Make the fish

1. Whisk the egg and flour until smooth and add a generous pinch of salt and pepper. Spoon this mixture onto one side of each fillet and sprinkle on the rice flakes.
2. Melt the butter with the olive oil in a large skillet over low heat. Add the fish, coated side down. Sauté until golden and crisp, 4 or 5 minutes. Flip the fish and cook for 2 or 3 minutes longer.

3. Spoon about a tablespoon of the sauce onto each individual plate and place the fish, crispy side up, on each one. Top with chives.

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