



Local Ocean Fish & Chips

40 min

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OR

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Serves 2-4

Video Avail

Ingredients

Fish

1 1/2 lbs white fish fillet (e.g. rockfish, lingcod, halibut, cod)

Breading

2/3 cup Japanese Panko breadcrumbs

1/3 cup all-purpose flour

Salt & pepper for seasoning

Egg wash

2 whole eggs

3 tbsp buttermilk

For grilling

1-2 tbsp olive/canola oil for cooking

Butter (optional - see note about clarified butter)

To serve (optional)

Tartar sauce

Lemon wedges

Parsley garnish

Side of French fries, slaw and/or salad

Prepare the breading

Mix the Japanese Panko breadcrumbs and all-purpose flour in a bowl. Season the breading with salt and pepper.

Prepare the egg wash

Mix together whole eggs and buttermilk in a bowl. Pour into a shallow dish (pie pans work well) so that you can easily dip the whole fillet into the egg wash.

Bread the fish

Prepare a two-step breading station – egg wash, then breading.

Working with each portion individually, dip the fish into the egg wash, coating completely (if you are using a shallow container, you may need to turn it over to coat).

Drain excess liquid for a moment, then place in the Panko breading.

Coat thoroughly, pressing extra breadcrumbs in as necessary. Set aside breaded portions.

Cook the fish

Heat an electric griddle or large frying pan over medium-high heat.

When it is hot, add cooking oil (at the restaurant, we use a mix of olive & canola oils and combine it with clarified butter - see below for additional instructions).

When the oil is hot, but not smoking, add breaded fish to the pan.

Cook for 2-3 minutes until golden and crispy, then flip, repeating on the other side. Remove from pan and place on paper towels to drain excess oil. Serve with french fries, tartar sauce, and lemon wedges. Garnish with freshly chopped parsley. Enjoy!

Local Ocean Tip about clarified butter: At the restaurant, we use a mix of olive & canola oils and combine it with clarified butter - this gives us a higher smoke point than straight butter, giving us the flavor while being able to cook at a higher heat and get more golden crispy color.

To make clarified butter, heat butter over medium heat until it turns to liquid. Strain off the milky foam from the top, then drain slowly, keeping the white solids separate from the golden liquid. Discard the solids. We use a 50/50 mix of clarified butter and oil.

Recipe courtesy of [Local Ocean Dockside Grill & Market](#)

Species Group

Halibut

Rockfish, Cod, Lingcod, Sheepshead