



PAN-FRIED PERCH WITH CHERRY TOMATOES, CORN AND TARTAR SAUCE

Start to finish: 15 minutes

Serves: 1

INGREDIENTS:

1 8-ounce container sour cream
1 small jar giardiniera, chopped finely (you can often find this in the pickle aisle of the grocery store)
1 lemon, juiced
Salt, to taste
1 teaspoon Tabasco or preferred hot sauce
1 cup organic cornmeal
1/4 cup all-purpose flour
1 tablespoon smoked paprika
2 teaspoons salt
1 teaspoon sugar
6 ounces fresh, wild lake perch or a similar thin flaky fish, like whitefish or rockfish
3 tablespoons butter
1 container cherry tomatoes, cut in half
1 ear of corn, cut off the cob (frozen or canned corn works just as well!)
1 lemon, juiced

DIRECTIONS:

To make the tartar sauce, combine sour cream, giardiniera, lemon juice, salt and Tabasco in a small bowl and mix well. Season it to your liking with salt and store the sauce in the refrigerator.

In a small bowl, mix cornmeal, flour, paprika, salt and sugar until combined. Dredge the fish in the cornmeal mixture and sauté in 2 tablespoons butter until the fish is browned. Flip and remove the fish when cooked, about 1 minute or so.

In the same pan add the tomato and corn and an additional tablespoon of butter. Toss until the tomato and corn are warmed, about 3 minutes. Add the lemon juice and spoon over the sautéed fish. Serve with the tartar sauce.