



## CRISPY COCONUT-CRUSTED FISH FINGERS WITH SWEET AND SPICY DIPPING SAUCE

*By Grace Parisi*

RECIPE



The beauty of this recipe is that it works with virtually any fish, or even spot shrimp. The crunchy coating stays crispy long after frying, thanks to the panko and coconut, but we don't think this will be put to the test since they barely last long enough to make it to the table.

ACTIVE: 30 MIN TOTAL: 30 MIN SERVES: 2

## INGREDIENTS

- 1 portion fish fillets (10 to 12 ounces), such as cod, rockfish, lingcod, or keta salmon, pin bones and skin removed
- Salt and freshly ground pepper
- 1/3 cup apricot preserves
- 1 tablespoon apple cider vinegar
- 1 teaspoon peeled and grated fresh ginger
- 1 whole scallion, thinly sliced
- 1 to 2 teaspoons sambal oelek or sriracha, to taste
- 1/2 cup panko breadcrumbs
- 1/2 cup shredded unsweetened coconut
- All-purpose flour for dusting
- 1 large egg, beaten with 1 tablespoon water
- Neutral oil, such as canola or grapeseed, for frying

## DIRECTIONS

1. Pat the fish dry with paper towels and cut into 1-inch wide strips. Sprinkle the fish with salt and let sit while you prepare the rest of the recipe.
2. In a small saucepan over medium-high heat, combine the apricot preserves, vinegar, ginger, and 1/4 cup water and bring to a boil. Reduce the heat to low and simmer until slightly reduced, 1 to 2 minutes. Stir in the scallion and season with sambal and salt to taste. Transfer to a small bowl.
3. In a shallow bowl, combine the panko and coconut and season with salt and pepper. Put the flour and egg into 2 separate bowls.
4. Rinse the fish and dry well with paper towels. Coat the fish in the flour, tapping off any excess, then dip into the egg. Add the fish to the panko mixture, turning to coat and pressing to adhere. Transfer to a plate.
5. Add 1/2 inch oil to a medium skillet and place over medium-high heat. When the oil reaches 400°F, add the fish strips, in batches if necessary. Fry, turning once or twice, until golden, 2 to 3 minutes per side. Drain on paper towels and sprinkle lightly with salt. (Alternatively, spray the fish fingers with cooking spray and cook for about 16 minutes in an airfryer)
6. Transfer to a platter and serve right away with the sauce alongside for dipping.

## PRO TIPS



## PAIR IT UP

Try an off-dry white wine such as German riesling, New Zealand sauvignon blanc, or a Spanish torrontés.



## SPICE IT UP

Add a pinch of chipotle chile powder to the dipping sauce for smoky heat, or zest a lemon or lime into the panko-coconut mixture for a citrus burst.



## LIGHTEN IT UP

Place the fish fingers on a baking sheet and generously mist with cooking spray. Slide onto the center oven rack and broil until golden and crisp, turning once, about 2 minutes per side.