



Frank's
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Baked Citrus & Chili Cod

FOR THE MARINADE

2 tablespoons plain non-fat yogurt
1 tablespoon finely chopped ginger
1 tablespoon finely chopped garlic
2 tablespoons Kashmiri curry paste
2 tomatoes – finely chopped
1 teaspoon soy sauce
1 teaspoon white vinegar
1½ teaspoons citric acid powder
2 eggs, beaten
1 tablespoon mild chili powder or more to taste
2 tablespoons ground coriander
2 tablespoons ground cumin
1 teaspoon ground turmeric
Salt and pepper to taste

FOR THE COD

4 thick cod fillets
2 teaspoons grape seed oil
1 lemon, cut into wedges



Place all of the marinade ingredients in a blender and blend until nice and smooth.

Place the fish in the marinade and allow to marinate for 30 minutes.

While the fish is marinating, preheat oven to 200c (400c).

Pour the rapeseed oil onto a baking tray and spread it out evenly with your fingers.

Place the marinade coated fish on the oiled tray and bake for 30 minutes or until nice and brown.



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Beer-Battered Cod

2 quarts canola or vegetable oil
1½ cups all-purpose flour
½ cup cornstarch
2 teaspoons salt
½ teaspoon cayenne pepper
½ teaspoon paprika
Pinch of ground black pepper
1 teaspoon baking powder
1½ pounds 1-inch-thick cod filet, cut into eight 3-ounce pieces
1½ cups (12 ounces) beer, cold



Whisk together the flour, cornstarch, salt, cayenne, paprika, and black pepper in a large mixing bowl; transfer $\frac{3}{4}$ cup of mixture to a rimmed baking sheet. Add baking powder to the bowl and whisk to combine.

In a heavy-bottomed Dutch oven, heat the oil over medium-high heat to 375 degrees. Meanwhile, thoroughly dry the fish with paper towels and dredge each piece in the flour mixture on the baking sheet; transfer the pieces to a wire rack, shaking off excess flour.

Add $1\frac{1}{4}$ cups of beer to the flour mixture in the mixing bowl and stir until the mixture is just combined (the batter will be lumpy). Add the remaining beer as needed, 1 tablespoon at a time, whisking after each addition, until the batter falls from the whisk in a thin, steady stream and leaves a faint trail across the surface of the batter.

Using tongs, dip 1 piece of fish in the batter and let the excess run off, shaking gently. Place the battered fish back onto the baking sheet with the flour mixture and turn to coat both sides. Repeat with the remaining fish, keeping the pieces in a single layer on the baking sheet.

When the oil reaches 375 degrees, increase the heat to high and add the battered fish to the oil with tongs, gently shaking off any excess flour. Fry, stirring occasionally, until golden brown, 7 to 8 minutes. Transfer the fish to a thick paper bag or paper towels to drain. Serve with your favorite French fries.



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Butter Baked Cod

1 1/2 pounds fresh cod fillets
8 ounces of butter, melted (1 cup)
1 tsp sea salt
1/2 tsp freshly ground black pepper
1/8 tsp of ground paprika
Chopped fresh parsley
Sliced lemon to serve



Preheat the oven to 375°F.

Place the fish in a shallow casserole dish. Pour half of the melted butter over the fillets. Sprinkle with salt, pepper and paprika. Place into the heated oven and bake, uncovered, basting occasionally, until the fish flakes with a fork. This will take 15 to 20 minutes.

Serve, garnished with some parsley and some sliced lemon. Pass the remaining melted butter for dipping.



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Crispy Baked Cod

2 tablespoons unsalted butter
1 clove garlic, minced
1/2 cup panko or regular bread crumbs
2 tablespoons minced fresh parsley
1 teaspoon finely grated lemon zest
1 tablespoon Dijon mustard
1 tablespoon reduced-fat mayonnaise
4 skinless 1 1/2-inch thick cod fillets, about 6 oz. each
Salt

Preheat oven to 350°F.

In a small skillet over medium-low heat, melt butter. Add garlic and cook, stirring, until fragrant, 30 seconds. Add bread crumbs, stir to coat with butter, then cook, stirring frequently, until light golden brown, about 5 minutes. Remove from heat and stir in parsley and lemon zest. Let cool. Combine mustard and mayonnaise in a small bowl.

Rinse fish and pat dry. Sprinkle each fillet lightly with salt, then place on a rimmed, foil-lined baking sheet and brush with mustard mixture. Press 1/4 of crumbs onto each fillet.

Transfer baking sheet to oven and bake until fish is no longer translucent (cut to test) and flakes easily, 10 to 15 minutes. If crumbs aren't sufficiently browned, broil fish 2 inches from heating element until crumbs are crisp and dark golden brown (watching carefully to prevent burning), 2 minutes longer.