

Aromatic perch fillets

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bay leaves
- 1 tablespoon peppercorns black
- 0.5 teaspoon cardamom
- 1 pinch allspice
- 100 grams masa
- 1 tablespoon flour
- 4 cloves garlic
- 0.3 teaspoon nutmeg

- 0.5 teaspoon paprika sweet
- 0.5 teaspoon pepper
- 300 milliliters beer light
- 0.5 cup vegetable oil; peanut oil preferred
- 500 grams perch fillets fresh thawed (and)
- 0.5 tablespoon sea salt
- 1 tablespoon old bay seasoning (or Old Bay seasoning)

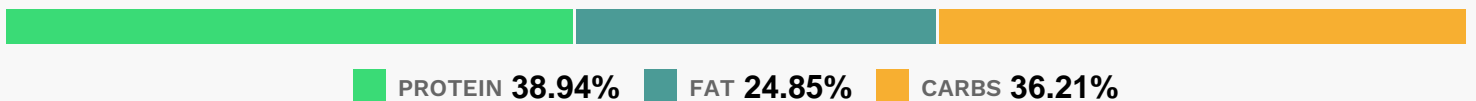
Equipment

- whisk

Directions

- Mix flour and corn flour, salt and pepper. Prepare the seasoning mix: finely grind all the spices (in a coffee mill, for example). Since you do not need the whole quantity, store the mix in an airtight glass bottle and refrigerate for future use.
- Add the seasoning to flour mixture, stir. Slowly add beer, whisking constantly until a batter consistency. Coat filets with batter and fry in hot oil about 3 minutes on each side or until golden brown. Set aside to a warm place. From the remaining batter form small pancakes and fry in the same oil. They make great accompaniment to the fillets.
- Serve immediately with potato salad.

Nutrition Facts



Properties

Glycemic Index:91.33, Glycemic Load:2.26, Inflammation Score:-7, Nutrition Score:23.473043478261%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Taste

Sweetness: 27.4%, Saltiness: 4.36%, Sourness: 4.82%, Bitterness: 100%, Savoriness: 3.05%, Fattiness: 45.91%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 397.92kcal (19.9%), Fat: 10.43g (16.05%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 30.53g (11.1%), Sugar: 0.82g (0.91%), Cholesterol: 150mg (50%), Sodium: 1273.96mg (55.39%), Alcohol: 3.09g (17.18%), Protein: 36.78g (73.57%), Manganese: 2.09mg (104.47%), Vitamin B12: 3.19µg (53.11%), Phosphorus: 435.83mg (43.58%), Selenium: 27.79µg (39.7%), Vitamin D: 5µg (33.33%), Magnesium: 98.82mg (24.7%), Vitamin B6: 0.48mg (24.15%), Calcium: 224.97mg (22.5%), Copper: 0.4mg (19.95%), Vitamin B3: 3.77mg (18.85%), Potassium: 647.42mg (18.5%), Iron: 3.26mg (18.09%), Zinc: 2.66mg (17.76%), Vitamin K: 17.3µg (16.48%), Vitamin B1: 0.23mg (15.57%), Fiber: 3.67g (14.7%), Vitamin B2: 0.25mg (14.44%), Vitamin B5: 1.44mg (14.38%), Vitamin E: 1.66mg (11.07%), Folate: 31.82µg (7.95%), Vitamin A: 284.26IU (5.69%), Vitamin C: 4.44mg (5.38%)