

Buffalo Fish Bites With Blue Cheese Dip

By Ellie Krieger

 Servings: 4

 Total: 20 mins

For the dip

- 1/4 cup (2 ounces) plain full-fat or low-fat Greek yogurt
- 1/3 cup crumbled blue cheese (1 1/2 ounces)
- 2 tablespoons mayonnaise
- 1 1/2 teaspoons white wine vinegar
- 1/8 teaspoon freshly ground black pepper

For the fish

- 1 1/4 pounds firm, white skinless fish fillets, such as mahi mahi, monkfish or grouper, cut into 1-inch chunks
- 1 tablespoon all-purpose flour or all-purpose gluten-free flour mix
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon cayenne pepper
- 2 tablespoons canola or grapeseed oil
- 2 tablespoons cayenne pepper hot sauce, ideally Frank's Original RedHot, plus more for serving
- 2 teaspoons unsalted butter, melted
- 4 large stalks celery, cut into sticks, for serving

Step 1

Make the dip: In a small bowl, stir together the yogurt, blue cheese, mayonnaise, vinegar and black pepper until well combined. Cover and refrigerate until needed.

Step 2

Make the fish: Place the fish in a medium bowl. Sprinkle with the flour, garlic and cayenne pepper, and toss to coat evenly.

Step 3

In a large nonstick skillet over medium-high heat, heat the oil until shimmering. Add the fish and cook, turning three to four times, until browned all over and just cooked through, 5 to 6 minutes total.

Step 4

While the fish is cooking, in a large bowl, stir together the hot sauce and butter until combined. Add the cooked fish to the bowl with the sauce and gently toss to coat.

Step 5

Serve with the blue cheese dip and celery sticks, with extra hot sauce on the side, if desired.

Substitutions

If you don't fish >> use chicken breasts or thighs instead.
To make it gluten-free >> use gluten-free flour.
To make it vegan >> sub in cubes of firm or extra-firm tofu instead of the fish, and vegan butter in place of regular butter.
For the dip, use 1/3 cup vegan mayonnaise in place of both the yogurt and regular mayonnaise, and use vegan blue cheese.

