

Persian Pan-Fried Fish

By Yeganeh Rezaian

 Servings: 6

 Total: 15 mins

- 2 teaspoons ground turmeric
- 1 teaspoon freshly ground black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon ground cinnamon
- 1/2 teaspoon fine salt
- 1/2 teaspoon crumbled saffron threads
- 1 1/2 pounds thick, white-fleshed, skinned fish fillets, such as sea bass, halibut or cod
- 1 lime, halved
- 1/4 cup canola or vegetable oil
- One (1-inch) piece unpeeled fresh ginger, cut crosswise into 5 slices (may substitute a good pinch of ground ginger; optional)

Step 1

In a shallow bowl, whisk together the turmeric, pepper, granulated garlic, cinnamon, salt and saffron.

Step 2

Cut the fish into 4- to 5-inch long pieces. Squeeze a few drops of juice from one of the lime halves over both sides of the fillets. Working with one piece of fish at a time, press all sides into the spice mixture to evenly coat. (Discard any unused spice mixture.)

Step 3

Line a platter with paper or kitchen towels. In a large nonstick skillet over medium-high heat, heat the oil until shimmering. Add the ginger, if using, and cook until it starts to turn light golden, for 1 to 2 minutes. Working in batches, if necessary, to avoid overcrowding, add the fish skinned sides down, and pan-fry until golden and crisped on the bottom, about 5 minutes. Using a fish spatula and a fork, carefully, as not to scratch the nonstick coating, turn over the fillets and cook until opaque yet moist throughout, about 3 minutes. (If using ginger leave it in the pan while frying the fish, but discard before serving.)

Step 4

While the fish is frying, cut the remaining lime half into wedges.

Step 5

Transfer the fish to the prepared platter to drain briefly, then serve right away, with lime wedges on the side.

