

3 Simple Striped Bass Recipes

By Ken Britske

Pan Fried Striped Bass:

When preparing filets, remove as much red meat as possible to eliminate a strong fishy taste. Filets should not be more than a ½ inch thick. If so slice them so they are about a ½” thick. Dredge moist filets with a seasoned flour, then dip in egg and finally coat with seasoned bread crumbs or Panko crumbs. Heat oil and cook filets until crispy brown on both side. If filets are too thick, crumbs will burn before they cook through. Serve with lemon, tartar sauce or cocktail sauce.

Baked Striped Bass:

Place a small amount of oil in a glass baking dish. Remove as much red meat as possible to eliminate strong taste. Make the filets the same thickness so they cook evenly. Dredge filets in seasoned flower. Arrange in baking dish. Sprinkle with garlic powder and parmesan cheese. Salt and pepper to taste (I do not use salt or pepper). Put a few small pats of butter on top of the filets. Cover with panko crumbs and bake at 350 for approximately 20 minutes. Break open to verify fish is cooked through and still moist. If done, turn on upper broiler and toast bread crumbs for a crispy finish. Do not take your eyes off the toasting process.

Beer Batter Fish:

2 lbs striper	1 tblsp paprika
1 tsp salt	1 large egg
½ tsp black pepper	1 1/3 cup beer
1 cup all purpose flour	Canola oil for frying
1 tblsp garlic powder	
2 tsp season salt	

Add oil to a heavy bottom pot and fill to about 2-3 inches deep (or use a deep fryer). Heat oil to 375 degrees. (recommend a thermometer or you will get soggy fish if not hot enough) Cut fish into 1 x 3 inch strips and pat dry with paper towel. Season with salt and pepper.

To make batter whisk together the flour, paprika and season salt. Stir in a lightly beaten egg. Gradually whisk in beer until a batter is formed and lumps are gone.

Quickly dip the fish in the batter, then place in hot oil. Cook 3 to 4 minutes, or until fish is nicely golden brown. Drain fish in wire rack. Enjoy with tartar or cocktail sauce.