



ingredients



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*"This dish is inspired by summer fish-fry dinners that my family had when I was growing up. It's a simple, one pan recipe that can also make the vegetarians very happy by enjoying the warm collard slaw."*

- Chef Scott



instructions

# Cornmeal Fried Striped Bass & Warm Collard Slaw

by Chef Elle Simone Scott, SheChef Inc.

## Slaw Vinaigrette

1 TB whole grain mustard  
1/8 black pepper  
1/4 cup sherry vinegar

1/8 ground red pepper  
1/4 kosher salt  
1/2 extra virgin olive oil

1. In a large bowl add mustard, red pepper, black pepper salt and vinegar. Whisk until well combined.
2. While whisking, slowly drizzle in 1/2 cup olive oil.
3. Refrigerate for up to at least 30 minutes. Can be stored in airtight container for up to 48 hours.

## Warm Collard Slaw

1 lbs. collards, stems removed  
& sliced thin (about 1/4 inch wide)  
1 cup black eyed peas, pre-cooked  
or canned  
2 garlic cloves minced

1 red bell pepper, diced  
1 green bell pepper, diced  
1/2 onion, diced  
1 TB olive oil

1. Heat oil in a 12-inch skillet over medium heat, until just smoking. Add onions and peppers; cook, stirring occasionally until slightly translucent, about 4 – 5 minutes.
2. Add garlic & peas. Cook & stir frequently until fragrant & beans are tender; about 1 – 2 minutes.
3. Remove from heat and add collard and stir & cover until collards have wilted, about 10 minutes.
4. Remove from the skillet on a serving platter. Cover with plastic wrap and refrigerate until serving.
5. Wipe & dry out the skillet, thoroughly, with a paper towel.

## Cornmeal Fried Striped Bass

2.5 lbs. striped bass filets,  
cut into 4, 4 – 6-inch pieces  
1/4 tsp pepper  
1/2 tsp salt

1/2 cup almond flour  
1/4 cup fine ground yellow cornmeal  
1/4 cup vegetable oil

1. Season the fish with salt and pepper and set aside. Mix the almond flour and cornmeal together in a shallow dish and set aside.
2. Add 1/4 cup vegetable oil to the cleaned out skillet, over medium-high heat until oil is shimmering.
3. Meanwhile, dredge the fish in the cornmeal mixture, no more than 2 pieces at a time. Be sure to press filets into the mixture to help the coating stick.
4. Fry the filets until they are golden on each side, about 3 – 5 minutes total. \*Fry in batches of 2 if needed.
5. Remove fish from oil and drain on a paper towel lined plate or sheet tray with a wire rack inside. You can keep the first batch warm in the oven, if needed.
6. Transfer the fish to the platter with collard slaw and serve passing vinaigrette over slaw and fish, if desired.

