

Rococo Marinated Fish

This dish was a favorite to serve at a salon supper, which were intimate affairs for both sexes, with usually four people and never more than eight. The fried parsley makes an exceptional addition to this dish.

It is best to use a firm white fish such as cod, halibut, or thick slices of sole.

Ingredients

fillets of firm white fish

1 or 2 shallots

1/4 cup white wine vinegar

1 orange

1 or 2 bay leaves

flour

salt

black pepper

oil

1 cup fried parsley (see the recipe below)

Utensils

knife and cutting board

measuring cup

frying pan

lemon reamer

spatula

2 plates

paper towels

Ziploc bag

serving platter

This dish is seasoned to taste. Peel and thinly slice the shallots. Place the fish, shallots, vinegar, bay leaves, salt, and pepper in a Ziploc bag to marinate. Place the bag in the refrigerator for at least 3 hours. Juice the orange. Place some flour onto a plate. Place paper towels onto a second plate. The dish can be prepared up to this point in advance.

Heat the oil in the frying pan on the stove over medium high heat. Remove the fish from the bag and dredge it in the flour, then place it in the hot oil. Fry the fish until it is brown on the outside

and cooked on the inside. Using the spatula, turn the fish once during the cooking process.

When the fish is done, remove it from the frying pan and place it on a paper towel-covered plate to drain off any excess oil. Place the fish on the serving plate, and put the plate in a warm place while the fried parsley is being made. Make the fried parsley (see the recipe below). To serve, sprinkle the fish with the orange juice and fried parsley. Serve hot.

For the fried parsley

To make the fried parsley, heat 2 to 3 inches of clean oil in a deep frying pan or Dutch oven.

The parsley must be absolutely dry before it is fried. The oil must be hot enough to be at the smoking point. If the oil is not hot enough the parsley will become limp. If the oil is too hot the parsley turns olive green. Add the parsley to the cooking oil and fry 1 to 2 minutes or until it is crisp, but still dark green. Do not burn. Using a slotted spoon, remove the parsley to a paper towel-covered plate to drain off any excess grease. Use immediately. **Note:** the fried parsley is easier to make if you use a frying basket in a deep frying pan or a deep fat fryer.