



Cou Cou and Flying Fish

Ingredients

Fried Flying Fish

- 10 flying fish fillets
- 2 limes
- 2 cups cold water
- 4 tbsp Bajan seasoning
- 2 cups seasoned breadcrumbs
- 1 cup flour
- 1 tsp all purpose seasoning
- 2 eggs + 2 tbsp water
- Salt and black pepper
- Canola oil
- 5 wedges of lime or lemon

Cou Cou

- 2 cups fine cornmeal
- 2 cups water
- 1 1/3 cup thinly sliced okra
- 2 tablespoon butter
- 4 cups water
- 1 1/2 tsp salt
- 1/2 tsp black pepper

Fried Flying Fish

Place fresh lime juice and salt on fish and leave overnight in fridge

Rinse the fish and coat completely in the Bajan seasoning. Place the flour seasoned with all purpose seasoning in one plate, the breadcrumbs in another plate, and the eggs beaten with water (season with salt and pepper) in another bowl.

Pour the canola oil in a frying pan to just cover the bottom (about 1/8 - 1/4 inch layer) over medium high heat. Coat each fish fillet in the flour, then dip in egg wash, then coat with breadcrumbs, shake off any excess and fry it in the oil. Repeat with all the fish, cooking until golden brown on both sides.

Remove from pan and place on a plate with 2 sheets of paper towel to drain. Garnish with lime or lemon wedges.

Cou Cou

Pour 2 cups of water into pot with 1/2 tsp salt, okra, and let boil for 10 minutes. Use a slotted spoon or strainer to remove the okra into a small bowl and set aside the liquid for later use.

Heat a medium size saucepan on low heat and add in the 4 cups of water, cornmeal, salt, and butter. Stir constantly with a whisk to avoid lumps and to keep it from burning. As the mixture begins to dry out, add the reserved liquid in stages, stirring with a wooden spoon constantly until the cornmeal is cooked. This process takes about 20-30 minutes. Stir the Cou Cou every minute or so to ensure that it is not sticking to the bottom of the pot or getting lumps.

As the mixture begins to break away clean from the sides of the pot, add the cooked okra and stir to fully incorporate. Let Cou Cou continue to cook until firm (but not stiff). Season to taste with salt and pepper. The Cou Cou should break away easily from the sides of the pot, or when you insert a wooden spoon in the middle it should stand and remove easily from the mixture.

Transfer the Cou Cou into a buttered bowl and swirl it around to form a mold. Invert it onto a plate. Create an indentation in the centre of the Cou Cou and heap with stewed fish, meat, poultry, or vegetables, letting the sauce spill over to the side.

