

Ispanaklı Patatesli Levrek

Pan-fried sea bass with spinach and potatoes - a Turkish seafood dish combining crispy breaded fish with creamy potato puree and sautéed spinach.

10	25	35	4	Medium
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Ispanaklı Patatesli Levrek

Malzemeler

- 1.8 lb potato
- 4 branzino
- 4 egg
- 4 tbsp flour
- 0.5 cup milk
- 2 tbsp butter
- 1.3 lb spinach
- 0 nutmeg
- 1 bunch parsley
- 0.5 cup caper (caparis)
- 1 lemon

Yapılışı

- Prepare the potatoes**

Peel and cut 1.30 lb potatoes into 1-inch cubes. Place in a large pot, cover with cold salted water by 2 inches, and bring to a boil over high heat.
- Reduce heat to medium-high and cook potatoes until fork-tender, 12-15 minutes. Drain well and return to pot.
- Add 0.50 cup milk and mash potatoes until smooth and creamy. Season with salt and pepper to taste, then keep warm over low heat.
- Prepare the spinach**

Remove thick stems from 1 bunch fresh spinach and roughly chop the leaves. Heat 2 tablespoons olive oil in a large skillet over medium heat.
- Add chopped spinach to hot oil and cook, stirring frequently, until wilted and excess water has evaporated, 3-4 minutes. Season with salt and pepper.
- Prepare the fish**

Pat 1.80 lb sea bass fillets completely dry with paper towels. Season both sides generously with salt and pepper.
- Heat 4 tablespoons olive oil in a large non-stick skillet over medium-high heat until shimmering but not smoking.

8 Cook the fish

Carefully place fish fillets in hot oil, skin-side up. Cook undisturbed until golden brown on bottom, 3-4 minutes.

9 Flip fish carefully and cook until flesh flakes easily with a fork and internal temperature reaches 145°F (63°C), 2-3 minutes more.

10 Finish and serve

Fold cooked spinach into warm mashed potatoes until evenly combined. Divide spinach-potato mixture among 4 plates and top each with a fish fillet.

11 Garnish each plate with 0.50 cup water mixed with 1 lemon's juice drizzled around the plate, and serve immediately while hot.

?puçlar?

Use room temperature fish for even cooking - remove from refrigerator 15-20 minutes before cooking to ensure uniform heat distribution.

Pat the fish completely dry before coating to help the flour, egg, and breadcrumbs adhere properly and create a crispier crust.

Don't overcrowd the pan when frying - cook fish pieces with space between them to maintain oil temperature and achieve even browning.

Save some pasta cooking water when boiling potatoes - the starchy water can be used to adjust the puree consistency if needed.

Toast the breadcrumbs lightly in a dry pan before using for extra flavor and better texture in the coating.

Squeeze excess moisture from cooked spinach using a clean kitchen towel to prevent the dish from becoming watery.

Heat your serving plates in a low oven for 2-3 minutes before plating to keep the dish warm longer.

Add the capers and parsley mixture just before serving to maintain their bright flavors and prevent wilting.