



Mojarra-Tilapia Frita

Description

I love this fish recipe. It was one of my parents favourites for a weekend Lunch. It is very easy to make as well as being delicious mixed with some Colombian side dishes.

Mojarra o Tilapia Frita – Whole Fried Sea Bass or Tilapia (English version below)

Ingredientes para 2 porciones

- 2 Mojarra o Tilapias (o Sea Bass) cuidadosamente limpias
- El jugo de un limon
- 1 cucharada de pasta de ajo
- 1 cucharada de comino
- 2 cucharadas de harina de trigo
- Sal y pimienta al gusto
- Aceite para freir
- Lechuga, anillos de cebolla, tomates y rodajas de limon para decorar (opcional)

Preparacion

1. Lavar muy bien las Mojarra o Tilapias.
2. Hacer algunos cortes a los lados de cada uno de los pescados y aplicar un poco de sal y jugo de limon y dejarlos reposar por unos 10 minutos.
3. Marinar el pescado con el resto de los ingredientes excepto la harina de trigo, y poner en la nevera durante una hora.
4. Calentar el aceite muy bien.
5. Cubrir los pescados con un poco de la harina, una por una y freir a fuego medio hasta que este crujientes.

Nota:

Se puede adornar luego con anillos de cebolle, lechuga, tomate y rodajas de limon.
Se puede tambien servir con arroz, papas, yucas y platano.

Whole Fried Sea Bass o Tilapia (English version)

Ingredients for 2 portions

- 2 whole Sea Bass or Tilapia cleaned thoroughly
- 1 tablespoon lime or lemon juice
- 1 tablespoon garlic paste
- 1 tablespoon cumin

- 2 tablespoons plain flour
- Salt and pepper to taste
- Oil to deep fry
- Lettuce, onion ring, tomatoes and lime wedges to garnish (optional)

Preparation

- Wash the 2 Sea Bass or Tilapia thoroughly.
- Make a few cuts alongside of each fish and apply some salt and lime or lemon juice. Keep to one side for 10 minutes.
- Marinate the 2 fish with the rest of the ingredients except the flour and put in the fridge for about an hour.
- Heat the oil until it is very hot.
- Roll the fish into the plain flour one by one and deep-fry each one on medium heat until they are crisp.

Note:

You can then garnish with lettuce, onion rings, tomatoes and lime or lemon wedges
And also you can serve with white rice, cassavas potatoes and plantain.