

Recipes from the Working Waterfront Festival



Chixxarros (Carapau) com Farinha de Milho Corn Flour Encrusted Sticklebacks

Contributed by Laurie Botelho

Ingredients

- 12 Sticklebacks (or your choice of fish)
- 1 Tablespoon Vinegar (white or red)
- 1 Tablespoon Portuguese Red Crushed Pepper (the wet kind)
- ½ tsp Salt
- ½ tsp Garlic Powder (or 4-6 Cloves of garlic sliced or diced)
- 1 1/2 Cups of White Corn Flour
- ¾ cups of corn or vegetable oil
- 1 Head of Garlic Chopped
- 1 Cup Red Wine Vinegar
- ¼ Cup Fresh Portuguese Parsley

Directions

Instructions for cooking fish:

Place clean, gutted washed Sticklebacks in bowl, add 1 Tablespoon Vinegar (white or red), 1 Tablespoon Portuguese Red Crushed Pepper (the wet kind), ½ tsp Salt, ½ tsp Garlic Powder (or 4-6 cloves of fresh garlic sliced or diced). Marinate this mixture for a minimum of 20 minutes.

Put corn flour on a plate and dip each stickleback in flour to completely cover. Place oil in frying pan. When oil is hot; gently place sticklebacks in pan. I use tongs for safety. Cook for 4-5 minutes on one side and flip sticklebacks to other side. Remove fish from pan and place on some paper towels.

Instructions for Fresh Raw Sauce (Molho Cru):

Place 1 cup red wine vinegar in a small bowl incorporate 1 head chopped garlic and ¼ cup parsley. Let mixture sit for 10 minutes so flavors can meld.

Plate **Corn Flour Encrusted Sticklebacks** and drizzle **Molho Cru** on fish. Traditionally this is served with boiled potato and a side salad although you may choose your own sides.

Note: You can use your favorite fish with this recipe. Other great choices are Flounder/Sole Scup/Porgy. Just remember to scale these fish. Also, **Molho Cru** can be served as a dipping sauce on side. This simple meal can be prepared while camping and even at your BBQ.

Laurie Botelho is the owner of Diamond Marine, a New Bedford based company that manufactures scallop bags. She is also the owner of The Landing, a gift shop on Front Street in New Bedford.