



## Coconut Cod FISH STICKS

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Crispy crunchy fish sticks – Yum! And good for you too! The breading here is gluten-free and super simple. First, the fish are dipped in egg or tapioca flour/water, coated in unsweetened shredded coconut and finally cooked in coconut oil until crispy and golden. I like the cold water fish rich in anti-inflammatory omega-3 fatty acids for this dish – cod, salmon or halibut are all great. Just note these latter two fish are a bit more fatty, so the texture will be more tender whereas cod is a bit more firm and dry which means it holds up a bit more with handling, so perhaps give it a try for your first time making the recipe. These fish sticks go well with a number of dipping sauces. You can try a peanut sauce, plum sauce, chutney, mango salsa, traditional tartar sauce or the Sriracha Mayo below. This is a fish story you can believe!

### Ingredients

- 2 lbs wild cod
- 2 cups shredded coconut, unsweetened, finely cut\*
- 3/4 cup tapioca flour plus 4 Tbsp of water OR 1 egg
- 1/2 tsp chili powder
- 1 tsp sea salt
- 4 Tbsp coconut oil

### Sauce Ingredients

- 5 Tbsp mayo or mayo substitute (I like soy-free Veganaise)
- 1 Tbsp sweet chili or sriracha sauce
- 1 tsp lime or lemon juice
- 1/4 tsp tamari or 1/8 teaspoon of salt to taste

### Instructions

- <sup>1</sup> Wash fish and pat dry. Sprinkle with 1/2 teaspoon sea salt and ground pepper. Cut into sticks and put back in fridge.
- <sup>2</sup> In a bowl, mix flour and water (OR egg) until blended, adding chili powder and remaining 1/2 teaspoon salt until well-combined.
- <sup>3</sup> In a separate shallow bowl, measure out shredded coconut. (\*If you have the large flake kind, you can make them finer by buzzing for a few seconds in a blender or food processor - the finer kind coats better as a "breading".)
- <sup>4</sup> Place fish sticks in the flour/water or egg mix, coating well, then dip in coconut flakes, pressing the flakes into the fish.
- <sup>5</sup> Heat coconut oil in a cast iron pan on high heat. Once oil is hot, add the first batch of fish sticks so that there is space around them. Cook for about 3 minutes on each side (depending on thickness of fish and heat of pan).
- <sup>6</sup> Serve with a dipping sauce.