



## “Pwason Fri” Haitian Fried Fish

### Ingredients:

1 large Red Snapper	1 – 2 tbsps. Epis	3 tbsps. Lemon Juice
1 tsp. Garlic Powder	5 Cloves (jirof)	2 – 3 Springs of Thyme
½ Maggie Chicken Bouillon Cube	½ tsp. Seasoned Salt	½ cup Flour
1 Scotch Bonnet or Habanero Pepper	1/8 tsp. Accent (optional)	

### Directions:

1. Refer to the "[Cleaning Fish](#)" page to have your fish prepped before seasoning it. Cut slits on the surface of the fish (both sides) in order for the marinade to go through. If you prefer, you can cut the fish in half.
2. Finely mince 1 hot pepper (scotch bonnet or habanero) and add it to a small bowl with 1 – 2 tbsps. of epis.
3. Add in the following to the bowl with epis: 3 tbsps. lemon juice, 1 tsp. garlic powder, ½ crushed Maggie, ½ tsp. seasoned salt, 5 cloves, the leaves removed from 2 – 3 sprigs of thyme, and 1/8 tsp. of accent (optional). Mix the spices thoroughly with a spoon to combine.
4. Baste this marinade all over the fish and especially through the slits that were made. Cover the fish and let it marinate in the fridge for at least 30 minutes or overnight.
5. Add enough oil in a frying pan that will be able to submerge the fish at least ½ way. Turn heat to high and allow it to reach temperature. Make sure the oil is as hot as possible before placing in the fish.
6. Meanwhile, in a pan large enough to contain the fish, especially if you kept it whole instead of cutting in half, add in about ½ cup of white flour. Sprinkle a dash of garlic powder, fresh ground black pepper, and seasoned salt. Combine the spices within the flour and evenly spread the flour in the pan.
7. Lay the marinated fish on the flour and flour both sides. Shake off any excess flour.
8. Once the oil has reached temperature (high), gently lay the floured fish in the oil. Be careful for any unexpected oil splatter. Fry the fish on 1 side for about 5 minutes, until it reaches a nice, crisp, golden color.
9. Gently flip to the other side and fry for another 3 – 5 minutes.
10. Transfer fish to a dish lined with paper towel to absorb any excess oil.
11. The fried fish is ready to be enjoyed! You can accompany your fish with anything of your choosing.