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RECIPE & PHOTO BY HEATHER PETEREK



## crispy sheephead with cheesy spinach rice

### ingredients

#### CHEESY SPINACH RICE

2 c Jasmine rice  
3 tbsp extra virgin olive oil  
3 c chicken broth  
1 c heavy cream  
½ tsp salt & pepper  
1 tsp garlic powder  
3 c tightly packed fresh spinach, coarsely chopped  
1 c parmesan cheese, grated  
1 c mozzarella cheese, grated  
4 tbsp butter

#### CRISPY SHEEPSHEAD

1-2 lbs sheephead fillets  
½ c all-purpose  
1 tbsp baking powder  
1 tbsp lemon pepper  
1 egg  
¾ c milk  
1 box Italian seasoned panko breadcrumbs  
Canola oil for frying

### directions

#### CHEESY SPINACH RICE

Sauté rice in the oil over medium heat for about 3 minutes. Add the broth, heavy cream, spices and bring to a boil. Cover and simmer on low for about 10 minutes, or until rice is cooked through.

Stir in the spinach and simmer for another 5 minutes, until spinach is wilted.

Stir in the cheeses and butter and cover until ready to serve.

#### CRISPY SHEEPSHEAD

Combine flour, baking powder and lemon pepper in a medium bowl.

Dredge all fillets in the flour mixture and set aside.

Create a batter by adding the egg and milk to the remaining flour mixture and beat well, removing all lumps.

Pour the panko breadcrumbs into a large bowl for breading.

Dip each flour-coated fillet into the batter, coating completely and shake off any excess.

Dredge and press the battered fillets into the breadcrumbs, coating completely on both sides.

Fry each coated piece until golden brown and fish is cooked though, about 3-5 minutes.

**SERVES 4.**