

Scup Fish 'n Chips with Greek Yogurt Tartar Sauce

Recipe by: Audrey Sweetwood '18, Student Assistant

Yield: 6-8 servings

Ingredients:

For the fish 'n chips

- 1 pound Russet potatoes, washed, scrubbed and cut into ½ inch wedges
- 3 tablespoons olive oil
- ½ teaspoon salt
- 3 tablespoons fresh thyme, minced
- ½ cup white whole-wheat flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 eggs
- 3 tablespoon Dijon mustard
- ½ cup panko breadcrumbs
- ½ cup unsalted pumpkinseeds, toasted
- 2 tablespoons Old Bay® seasoning
- 2 garlic cloves, crushed
- 1 pound fresh scup filets



For the Greek yogurt tartar sauce

- ¾ cup plain Greek yogurt
- 3 tablespoons dill pickles, chopped
- 1 garlic clove, crushed
- 1 tablespoon fresh lemon juice
- 1 tablespoon Dijon mustard
- ¼ teaspoon Ancho chili powder
- Salt and ground black pepper, to taste

Method of Preparation:

1. Preheat oven to 400 degrees. Line two baking sheets with greased parchment paper.
2. In a bowl, toss potato wedges, olive oil, salt and thyme. Spread out on one baking sheet and bake, turning occasionally, until crispy and tender, about 30-40 minutes.
3. In a shallow bowl, mix flour, salt and pepper. In a second shallow bowl, whisk eggs and mustard.
4. In a food processor, pulse breadcrumbs, pumpkinseeds, Old Bay seasoning and garlic. Transfer to a third shallow bowl.
5. Dip each scup filet first in flour mixture, then in egg mixture, and finally into breadcrumb mixture. Shake off any extra after each step. Spread evenly on other prepared baking sheet. Bake 20-25 minutes, or until fish is tender and flakes with a fork.
6. For the tartar sauce, whisk together all sauce ingredients in a small bowl. Taste and adjust seasoning if needed.
7. Serve fish with potato wedges and tartar sauce.

Chef's note: The scientific name for scup is *Stenotomus chrysops*. The Narragansett Indians called them mishscuppaug, from which both “scup” and “porgy” – the fish’s common name south of New England – are derived. Scup is a bountiful, yet underutilized species found in the waters from North Carolina to Massachusetts and is regaining its popularity among American diners.

Recipe ©Johnson & Wales University 2017. All rights reserved.
Learn more at jwu.edu/eat-healthy
08.28.17 Changing the Way Rhode Island Eats

Nutritional Analysis:

Calories: 470
Carbohydrates: 40 g
Sodium: 900 mg
Protein: 29 g
Fat: 22 g
Fiber: 5 g