



Island-Style Fried Cape Shark (dogfish)

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Inspired by seafood throwdowns from The Williams Agency and NAMA, this recipe uses dogfish (also known as cape shark), a species common to the area, but often exported because of the low popularity locally. Not sure where to source dogfish? Check out the Local Catch Network Seafood Finder to connect with a fish harvester in your area.

Ingredients

Seasoning/marinade

- 2 small yellow/white onions, rough cut into chunks
- 3-5 stalks scallions, white and green parts roughly chopped
- 1/2 green bell pepper, deseeded and largely diced
- 2-3 cloves garlic peeled and smashed
- A large handful of cilantro leaves or culantro/recao

Fish

- 2 pounds dogfish/cape shark filet, skinned and cleaned
- 1/4 cup green seasoning
- 2 cups flour
- paprika
- egg wash (2 whole eggs, salt and pepper)
- neutral oil for frying
- salt and pepper
- limes

Directions

1. Make a blended "green seasoning" by adding all seasoning ingredients to a blender, add 3 tablespoons of water, and process on high until you have a smooth, loose paste. This will make more than needed for the recipe and can be refrigerated for 2-3 days or frozen.
2. Prepare the fish by soaking in limes and cold water for one hour, then rinse and pat dry. Cut the fish into sandwich size pieces and season with



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salt and pepper. Add 1/2 to 1 cup of green seasoning as a marinade and let sit for at least half an hour.

3. In a deep bowl combine the eggs with 1/4 teaspoon salt and pepper and whisk until combined. In another deep bowl, combine the flour with paprika and 1/4 teaspoon salt and pepper.
4. Dip each piece of fish into the egg wash and then dredge with flour. Set aside on a rack.
5. Heat up the oil in a frying pan, enough to submerge each piece of fish. Fry each piece of battered fish until golden brown, 3-5 minutes or cooked to at least 145 degrees. Drain on a towel or rack. Sprinkle the fish with another pinch of salt while it's piping hot.
6. Serve with hot sauce, pickled cucumbers, cabbage, or other sandwich accompaniments between pieces of pita, naan, or "bake" (a fried or roasted dough popular in the Eastern Caribbean).