



Sally's Galley

By Sally Oulton

Every Fisherman's Favourite – Crumbed Seafood

We all love seafood crumbed in some way. Think about it, crumbed fish, crumbed prawns, crumbed calamari, crumbed fish cakes, crumbed scallops and even crumbed oysters!

A coat of crunchy, golden crumbs does make seafood taste even better! Who can resist a crispy prawn cutlet? Or a piece of golden, crumbed fillet of coral trout? Or have tried wasabi crumbed oysters? They are delicious!

Crumbing involves coating food in seasoned flour, then dipping it into egg and then covering it in breadcrumbs to create a firm coating that becomes golden and crisp when fried.

By following my simple tips and tricks, you'll learn how to get the perfect crumb coating every time. The key to good crumbing is to make sure the crumbs stay on and that the food is cooked in a pan over moderate heat with some good quality butter, (not margarine) mixed with light olive oil.

You can make your own breadcrumbs by using day old stale bread. It is simply crushed up in a blender until it resembles fine crumbs. Or you can buy it cheaply in packets in the supermarket.

Crumbing doesn't have to be restricted to white breadcrumbs. Try these favourites; cornflake crumbs or gluten free crumbs. Cornflake crumbs create a real golden colour and gluten free crumbs are usually made from crushed dried rice and give the most delicious crunchy

coating. Personally, I think these two types of crumbs are much nicer than plain white breadcrumbs.

Cornflake crumbs can also be found in the supermarket and the gluten free ones are in the gluten free food section.

One of the advantages of crumbing is it doesn't require any special equipment, so don't think you are restricted to only doing this at home. You can crumb your catch while out in your boat and cook over your one burner stove, or you can do this while you're camping over a fire beside the river! You just need to have the basic equipment, the ingredients and be organised.

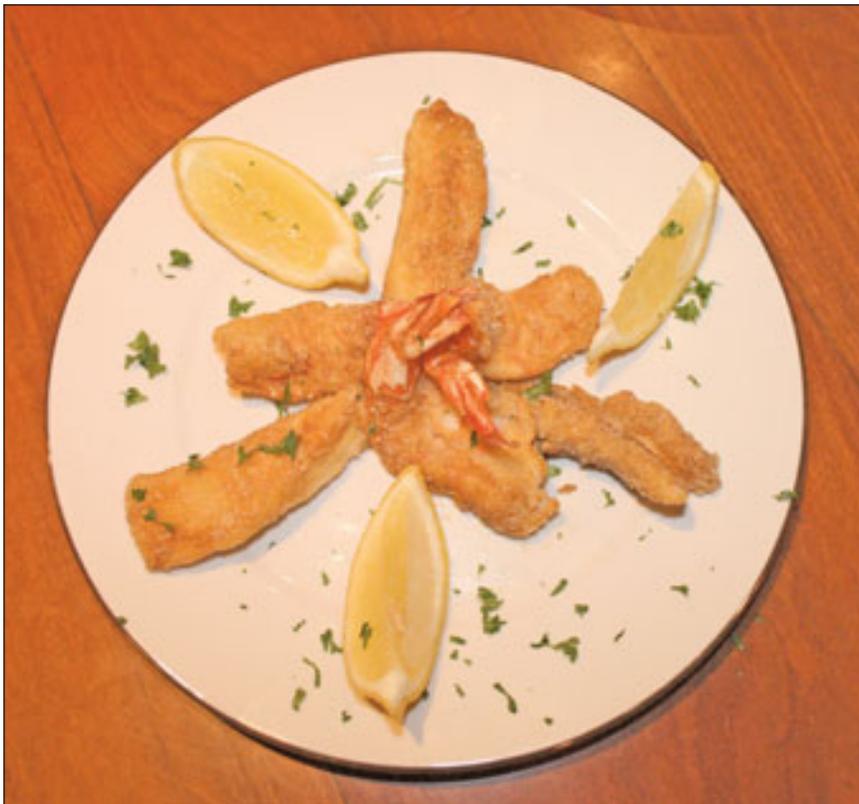
The basic equipment includes:

- A chopping board and a nice sharp knife to cut up your catch
- Three bowls for the flour, breadcrumbs and egg
- A fork to whisk the egg
- Paper towel to drain the food after frying
- A plate to put your crumbed food on
- A spatula to lift your cooked food from the pan to a plate
- And, a non-stick frying pan to cook your crumbed food.

The ingredients include:

- Flour,
- Eggs
- Your choice of crumbs
- Salt and pepper, or seasoning of your choice
- Butter and light olive oil
- Lemon wedges
- And your catch or choice of seafood you would like to crumb.

If you would like to make it a little more interesting, you add some other flavours to the crumbs by adding some finely grated cheese, crushed nuts or some chopped or dried herbs to the crumbs. But make







Editor's Note: 36 yr old Sally Oulton was born in Perth, did a stint in NZ for five years, before settling in Dubbo, NSW where she grew up with her family. Leaving Oz in 1994, she travelled to Europe, did the secretarial thing for three years - and then changed course to study cooking in 1997. After her first cooking assignment (in the '97 Admiral's Cup) she spent the next ten years at sea - all over the world - in an extraordinary career that has so far embraced 60,000 miles at sea in everything from crack ocean racing yachts in Europe and South America, 'white yachts' in the Med, Caribbean and the Whitsundays - to Oz game boats off the Ribbons. Now back home, with her partner and a 19' Haines, they plan to explore the GBR via trailerboat.

sure you don't add too much so it dominates the flavour. We still want to taste the seafood.

So to get started, let's begin by you showing you the simple and correct techniques to perfecting your crumbing.

- Arrange the ingredients you need for crumbing in order.
- Place the flour in one bowl and season with salt and pepper.
- Crack the eggs into bowl number two and with the fork, lightly whisk.
- Place the breadcrumbs in the third bowl.
- Use one hand to dip the seafood in the flour and coat all over. Shake off any excess and with the other hand dip it into the egg, making sure the piece is completely covered in the egg.
- Let any excess egg drip off before transferring the food to the breadcrumbs and press firmly to coat on both sides with your dry hand.
- Then place the seafood in a single

layer on the plate.

- Once all the pieces of seafood are all done, cover with plastic wrap and place in the fridge or in the eky for up to an hour to rest. This is the trick to helping the crumb coating stick to the food when you cook it. By letting it rest, this will allow the coating to stick firmly to the surface of the food and will prevent it from lifting away from the food during cooking.
- By keeping one hand dry and the other wet throughout the crumbing process, you will prevent the wet and dry mixtures from combining and sticking to your hands. It will also save you time, because you won't have to keep washing and drying your hands as you crumb.
- Heat up your pan over moderate heat and put in a generous dollop of butter and equal quantities of olive oil.
- Mix it around and heat up until it is foaming a nice golden colour. It is then ready to put in the crumbed

food.

- Cook for 3-5 minutes each side until golden.
- Drain on paper towels.
- Serve with a crisp green salad or steam greens and some potato wedges!

If you're cooking over a fire, wrap a washed potato in some foil and place in the coals 40 minutes before you cook the seafood.

Tips:

Do not let the butter/oil mix start to brown. This is a sign it is burning. If you put the food in the pan before it is foaming, the food won't seal the crumbs.

If you have the pan too hot, the crumbing mixture will burn before the food is cooked through.

- *Bon Appetit!*

F&B

