

# CRISPY BUTTERFLIED POMPANO WITH 3 SALSA

*By Chef Carla Asence*

---

## **INGREDIENTS**

### *FISH*

1 fresh pompano  
1/2 c all purpose flour  
1/2 tsp baking soda  
1/2 tsp cornstarch Salt  
and pepper  
Vegetable oil for deep frying

### *MANGO SALSA*

1 mango diced  
1 tomato diced  
1 onion diced  
2T minced wansoy  
1T sugar Tomato olive salsa  
2 tomatoes chopped  
4 pcs olives minced  
2 T capers  
2 T minced onions  
1/8 c Olive oil  
3T balsamic vinegar

### *SALSA VERDE*

1 T garlic, crushed  
1T capers  
1 pc anchovy, minced  
1/4 c basil minced  
1/2 c parsley minced  
2 T mint minced  
1/8 c red wine vinegar Oliveoil  
Salt Pepper

### *TOMATO OLIVE SALSA*

2 tomatoes chopped  
4 pcs olives minced  
2 T capers  
2 T minced onions  
1/8 c Olive oil  
3T balsamic vinegar  
1T sugar  
Salt and pepper

## **PROCEDURE**

### *FOR THE SALSA*

Mix all the ingredients for each type of salsa and set aside.

### *FOR THE FISH*

1. Clean the fish first then butterfly the pompano.
2. Pat dry fish and season with salt and pepper.
3. Mix flour, baking soda and cornstarch in a bowl.
4. Dredge fish with the flour mixture.
5. Deep fry until golden brown. Drain and serve with the Salsa.

