

Gluten-Free Beer-Battered Walleye

Ingredients

For the Fish

- 1½ to 2 lbs walleye fillets, cut into 3–4 inch pieces
- Salt
- ½ cup gluten-free flour (for dredging)

Gluten-Free Beer Batter

- ¾ cup gluten-free flour
- ¼ cup cornstarch
- 1 tsp baking powder
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ tsp paprika
- ¼ tsp cayenne
- Salt + black pepper to taste
- ¾ to 1 cup cold gluten-free beer (*I used Wisconsin-made New Grist Pilsner-Style*)

For Frying

- Neutral oil (canola, vegetable)
- Lemon wedges for serving

Instructions (The Fry Method)

1. **Heat oil** to 350°F (about 2 inches deep in a heavy pot or Dutch oven).
2. **Prep the fish:** Pat walleye dry. Season with salt and pepper. Lightly dredge in the ½ cup gluten-free flour. Shake off excess.
3. **Make the batter:** Whisk all dry batter ingredients together. Add ¾ cup cold beer and whisk until smooth. Let rest 3 minutes. Stir again. The texture should be like pancake batter. If too thick, add a splash more beer, whisk, and rest again.

4. **Dip & fry:** Dip fish into batter. Let excess drip off. Fry 3–5 minutes per side until deep golden and NOT crowd the pan.
5. **Drain & salt:** Transfer to paper towels. Salt while hot. Serve immediately with lemon wedges.

Mango-Habanero Tartar Sauce

Ingredients

- ½ cup good-quality mayo (or avocado oil mayo)
- 2–3 tbsp finely diced mango
- 1–2 tsp minced fresh habanero (start small!)
- 1 tbsp minced dill pickles or relish
- 1 tsp lemon juice
- Pinch salt

Instructions

Stir everything together. Chill at least 20 minutes before serving. Easy peasy.

Ginger-Sesame Coleslaw

Ingredients

- 4 cups shredded green cabbage
- 1 cup shredded red cabbage
- 1 carrot, julienned
- 2 green onions, sliced
- ¼ cup chopped cilantro
- ¼ to ⅓ cup ginger-sesame dressing (I used Bragg)
- TIP: For extra tartness, add a drizzle of apple cider vinegar

Instructions

Toss everything together until lightly coated. Let sit 10–15 minutes before serving.

It's crisp. Fresh. Slightly sweet. A perfect contrast to hot fried fish.

Prefer Broiled Instead of Fried?

If you want lighter (or don't feel like babysitting oil):

1. Preheat broiler.
2. Line a sheet pan with parchment.
3. Lightly oil fish and season fish. I use sazon and salt.
4. Broil ~6-8 minutes until opaque and flaky.

TIP: Broiling cooks quickly so keep an eye on your fish after 5 minutes. You don't want it to dry out!