

Perch and Caramelized Onion Dumplings



This recipe for Perch and Caramelized Onion Dumplings is from episode 2 of Fish the Dish starring Spencer Watts.

Serves: 4

Ingredients

- 4 medium Onions, sliced
- 1 Tbsp (15g) Butter
- 1 Tbsp (15ml) Canola oil
- Four 4-5 oz Pieces of perch
- 1 Tbsp (15ml) Canola Oil
- Salt to taste
- Pepper to taste
- ¼ cup (60 ml) water
- 24 Wonton wrappers
- Water for boiling
- 1 Tbsp (15ml) + 3 Tbsp (45 ml) of Canola Oil
- 1 cup (250ml) Sour Cream
- 2 Tbsp (30 ml) Chives, diced
- 1 Lemon, juice only
- Olive Oil as needed

Directions

1. Heat butter and oil in a large skillet. Add the onions and stir to coat them in oil and butter. Cook over medium high heat for 45 minutes, stirring occasionally, until onions are soft and caramelized.
2. Place a pot of water on and bring to a boil.
3. In a new skillet, heat 15 ml of oil. Season the fish and place into the hot pan, cooking it for approximately 4 minutes per side. Add water to the skillet after you flip it.
4. Once it is done, flake the fish apart in the pan, and scrape it into a clean bowl. Add caramelized onions and stir. Season with salt and pepper to taste.
5. Lay out the won tons on your cutting board.
6. Spoon 1 Tbsp of the perch and onion mixture onto each wonton wrapper. Moisten edge of wrapper with water and fold over, pressing the seams together to seal the dumpling.
7. Cook dumplings in boiling water for 1-2 minutes.
8. Drizzle a plate with a Tbsp. of oil. When dumplings float to the top of the water they are ready to be removed and placed on the oiled plate.
9. Place remaining 3 tablespoons of oil into a skillet. Add dumplings to the hot pan to crisp, turning once, for about 1 minute a side. Remove to plate.

10. Mix sour cream, chives, salt, pepper, and lemon juice in a bowl. Spoon over dumplings. Drizzle olive oil over top and serve.