

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## ***Smelt with Cilantro with Mustard Seed Mayo***

1 ½ cups all purpose flour  
½ tsp salt  
generous grinding of black pepper  
1 cup beer  
Extra virgin olive oil  
2 lbs smelts, cleaned  
3 tbsp whole grain honey mustard  
½ cup homemade mayonnaise  
1 tbsp fresh cilantro, minced  
cilantro for garnish

Sift the flour, salt and pepper in a bowl. Stir in the beer just until the batter is lumpy. Pour enough oil in the skillet to barely cover the bottom. Dip the smelt into the batter and place them into the hot skillet. Cook in a single layer for 3 to 4 minutes, turn and repeat. Drain on paper towels. Continue cooking in batches until all fish are cooked.

Mix the mustard, mayonnaise and cilantro together well. Transfer the smelt to a platter, garnish with cilantro and serve with the mustard seed mayo. Serves 4.



Recipe courtesy of food writer, Lynn Ogryzlo  
Photograph courtesy of food photographer, Jon Ogryzlo  
Episode #60: Seasonal Eating

Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

***Because What You Put In Your Body Matters!***