



Fish Recipes

Deep Frying

2 lbs. small fish fillets or two-inch chunks of fish
1 egg
1/2 c. milk
vegetable or peanut oil
flour, biscuit or pancake mix, cracker crumbs, or cornmeal for coating
deep fryer



Fill the deep fryer with oil to a depth of two or more inches. Heat to 375 °F. Mix milk and egg in a small bowl. Dip fish pieces in the milk and egg mixture and then roll in flour or other coating material. Add fish to the hot oil and fry until golden brown. Remove fish from fryer and drain on paper towels or bread slices. Do not overcrowd the fryer. Allow the temperature to heat back to 375 °F between batches if you cook more than one. Serve immediately.