



# Fish Recipes

## Pan Frying

- 2 lbs. fish steaks or fillets
- 1 egg
- 1/2 c. milk
- vegetable or peanut oil
- flour, biscuit or pancake mix, cracker crumbs, or cornmeal for coating
- heavy skillet which distributes heat evenly



Mix milk and egg in a small bowl. Set aside. Heat oil over medium heat (350-375 °F). Dip fish pieces in milk/egg mixture. Roll them in flour or other coating material. Place in skillet, don't overcrowd. Fry each side 3-5 minutes or until brown and flakes easily. Thicker pieces will require longer cooking. Remove from skillet and place on paper towels or bread slices to drain. Serve immediately.