

Fried Fish

Large Skillet or Electric Skillet

2 - 5 Fresh Tilapia or Basa Fish Filets (Any light tasting fish is fine)
Cornmeal Based Fish Breading (Louisiana Fish Fry is Great!)
Cooking Oil (Don't use olive oil)

Preheat a skillet on medium-high heat for about 5-8 minutes and pour a thin layer of oil into the skillet. (375 on the Electric Skillet) Pour the fish batter into a zip lock bag and drop the fish filets into the zip lock bag. Shake the bag until the fish is completely coated.

Test the oil temperature by sprinkling some cornmeal batter into the oil and see if it sizzles. Fry the fish for approximately 6 minutes per side. (You may need to reduce the heat on the skillet to medium if the fish or oil begins to smoke a bit) Place the fillets on plates and serve!



HEALTH QUEST