

Crispy Beer Battered Fish

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Servings: 4

Preparation Time: 25 minutes

Cook time: 5 minutes

1/2 cup cornstarch

1 1/2 teaspoons baking powder

1/4 teaspoon salt

1/2 teaspoon creole seasoning

1/4 teaspoon paprika

1/4 teaspoon cayenne pepper

1 cup all-purpose flour, divided

1/2 cup 2% milk

1/3 cup beer or nonalcoholic beer

2 cups (about 40) unsalted-top saltines, crushed

4 (6 ounce ea) cod fillets

oil for deep-fat frying

In a shallow bowl, combine the cornstarch, baking powder, salt, creole seasoning, paprika, cayenne and 1/2 cup of the flour.

Stir in the milk and beer until smooth.

Place the crackers and remaining flour in separate shallow bowls.

Coat the fillets with flour, then dip in the batter and coat with crackers.

In an electric skillet or deep-fat fryer, heat the oil to 375 degrees.

Fry the fish in batches for 2 to 3 minutes on each side or until golden brown. Drain on paper towels.

Per Serving (excluding unknown items): 332 Calories; 2g Fat (5.9% calories from fat); 35g Protein; 41g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 452mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.