
Fish Fry

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

trout, snapper, whitefish, oysters, scallops or bass

cornmeal

vegetable oil (for frying)

lemon juice

paprika

dry mustard

salt

pepper

Skin and fillet the fish. Cut into strips. Soak the fish in lemon juice for 5 minutes.

Season the fish lightly with salt and pepper. Drop the fish strips into a bag with cornmeal which has been seasoned with salt, pepper and dry mustard.

Fry the fish in hot oil until golden.

Serve with ketchup, Tabasco sauce, hush puppies and cole slaw.

Seafood

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .