

Southern Fried Flounder

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

*2 pounds flounder fillets,
fresh or frozen*

2/3 cup cornmeal

1/2 teaspoon salt

1/2 teaspoon paprika

fatseafsf(for frying)

Skin the fillets. Cut the fillets into serving size portions.

In a bowl, combine the cornmeal, salt and paprika. Roll the fish in the cornmeal mixture.

Place the fish in a heavy skillet which contains about 1/8 inch of fat, hot but not smoking.

Fry for 4 to 5 minutes or until brown. Turn carefully and cook 4 to 5 minutes longer or until brown and the fish flakes when tested with a fork. Drain on absorbent paper.

*For a finer texture breading,
use 1/3 cup of cornmeal
mixed with 1/3 cup of flour.*

Per Serving (excluding unknoc items): 194 Calories; 2g Fat (calories from fat); 30g Protein; 30g Carbohydrate; 1g Dietary Fib; 73mg Cholesterol; 301mg Sc Exchanges: 1 Grain(Starch); Lean Meat; 0 Fat.