



PAN FRIED FISH RECIPE



- 1 lb. catch of the day or any fish
- ½ cup milk
- 1 cup corn flour
- 1 T favorite seasoning – *see below, or “Old Bay”

Canola oil – approximately ½ inch deep in large, deep skillet Mix corn flour (not corn meal) with preferred seasoning and place on large plate. Dip fish in milk and let drip. Coat fish in flour mixture, then flip over to coat both sides well. Heat oil to approx. 375 degrees. Fry fish about 3 – 4 minutes (for ½ inch thick filets or 5 -6 minutes for 1 inch thick filets) and flip over carefully. Cook approx. 3 more minutes. Remove with slotted spoon to paper towel lined dish. Fish should be golden brown and flake easily. Serve with cocktail sauce or tartar sauce (or both!).

Be sure to rinse fish thoroughly and remove any remaining bones before preparing your fish, especially Spanish Mackerel. Currently, our freezer is full of all kinds of fish: Sea Trout, Redfish, Mangrove Snapper and Spanish Mackerel. We find that fish can be used interchangeably in most recipes.

* For a simpler preparation, we like to use one of the following Florida based brands of seasonings before grilling:

- Everglades Seasoning
- Bad Byron’s Butt Rub Barbeque Seasoning
- Bad Byron’s Jubilee Seafood Seasoning
- Gator Hammock Gator Sprinkles