FISH FRY BATTER RECIPE

Directions

1. Rinse filets in cold water; pat dry. In a large resealable plastic bag, combine 3 tbsp flour and filets, one at a time, and toss to coat evenly.

2. In a bowl, beat the egg. Set aside.

3. In a new bowl, combine flour with seasonings; mix.

4. Dip filets in egg, then in flour mixture, one piece at a time, ensuring filets are coated evenly.

5. In a heavy skillet, heat 1 inch of oil. Fry filets over medium heat, working in batches if needed, until fish flakes easily with a fork, 2–3 minutes on each side.

Ingredients

» 8 (4oz) cod filets
» 1 cup plus 3 tbsp all-purpose flour
» 1 egg, beaten
» 2 tbsp garlic powder
» 2 tbsp salt
» 2 tbsp pepper
» 1 tbsp cayenne (optional)
» Vegetable oil for frying