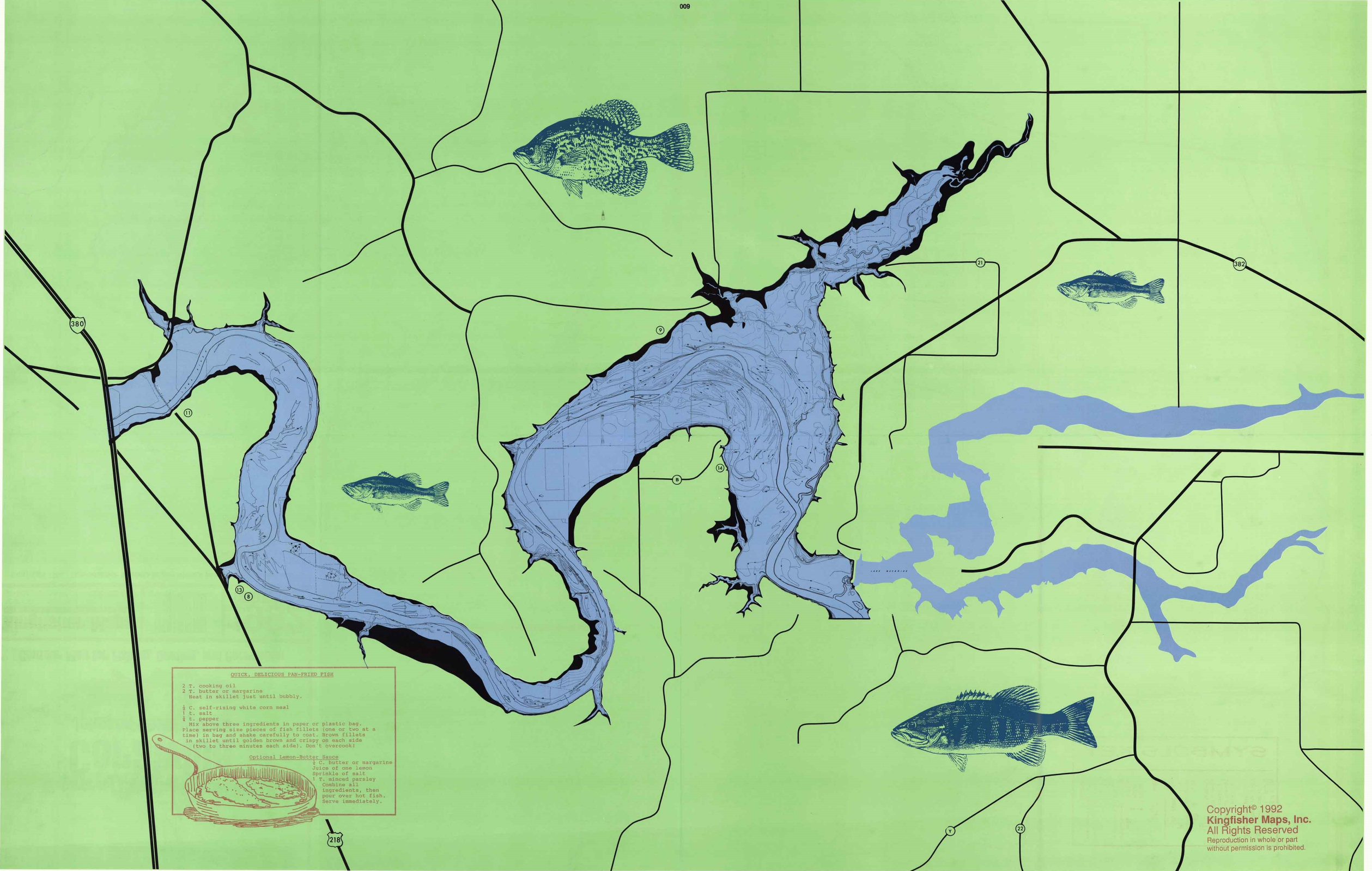




QUICK, DELICIOUS PAN-FRIED FISH

- 2 T. cooking oil
 - 2 T. butter or margarine
 - Heat in skillet just until bubbly.
 - $\frac{1}{2}$ C. self-rising white corn meal
 - 1 t. salt
 - $\frac{1}{2}$ t. pepper
- Mix above three ingredients in paper or plastic bag. Place serving size pieces of fish fillets (one or two at a time) in bag and shake carefully to coat. Brown fillets in skillet until golden brown and crispy on each side (two to three minutes each side). Don't overcook!

Optional Lemon-Butter Sauce

- $\frac{1}{2}$ C. butter or margarine
 - Juice of one lemon
 - Sprinkle of salt
 - 1 T. minced parsley
- Combine all ingredients, then pour over hot fish. Serve immediately.

