

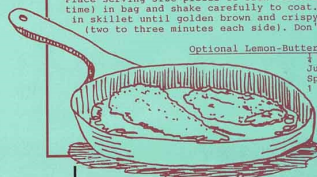
#### QUICK, DELICIOUS PAN-FRIED FISH

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  
4 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.



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