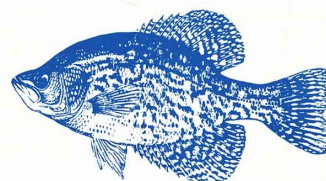
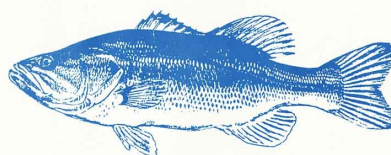
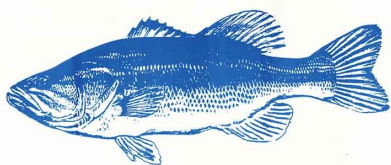


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QUICK, DELICIOUS PAN-FRIED FISH

2 T. cooking oil
2 T. butter or margarine
Heat in skillet just until bubbly.

1 1/2 c. self-rising white corn meal
1 t. salt
1 t. pepper

Mix above three ingredients in paper.
Place serving size pieces of fish fillet
(time) in bag and shake carefully to coat.
in skillet until golden brown and crisp.
(two to three minutes each side).

Optional Lemon-Butter Sauce

Ter sauce
 1/4 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.

