



QUICK, DELICIOUS PAN-FRIED FISH

- 2 T. cooking oil
- 2 T. butter or margarine
- Heat in skillet just until bubbly.
- 1 C. self-rising white corn meal
- 1 t. salt
- 1 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

- 1 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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