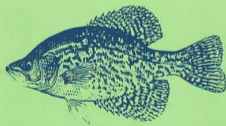
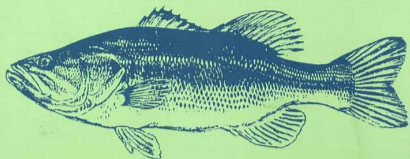


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QUICK, DELICIOUS PAN-FRIED FISH

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

1 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

1/4 C. butter or margarine
Juice of one lemon
Sprinkle of salt
1 P. minced parsley
Combine all
ingredients, then
pour over hot fish.
Serve immediately.

