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#### QUICK, DELICIOUS PAN-FRIED FISH

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

½ C. self-rising white corn meal  
1 t. salt  
¼ 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

½ 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.

