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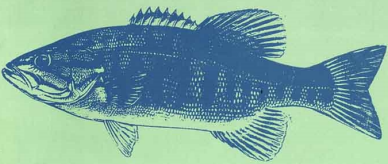
QUICK, DELICIOUS PAN-FRIED FISH

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

1/2 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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