



FRENCH FRIED FISH

- 1 1/2 Pounds Fish Fillets
- 1/2 Cup Cornmeal
- 2 Teaspoons Salt
- 1 Egg, Beaten
- 2 Tablespoons Milk
- 2 1/2 Pounds Shortening

DIRECTIONS

1. Blend cornmeal and salt.
2. Combine egg and milk.
3. Dip fish first in the egg mixture, then in the cornmeal mixture.
4. Heat the shortening to 375 degrees.
5. Make sure your kettle has tall sides to avoid splashing and to ensure the shortening is deep enough to hold the fish.
6. Fry for 3 to 5 minutes until the fillets are golden.