THE J.M. SMUCKER Co

Fish Fry

Prep Time	Cook Time	Serves	Difficulty
15 mins	N/A	6	N/A

Ingredients

- 1/2 cup (125 mL) Vegetable or Canola Oil, divided
- 1 1/2 lb (0.5 kg) boneless, skinless, white fish fillets
- 1 egg, beaten
- 2 tbsp (30 mL) water
- 1/2 cup (125 mL) **Robin Hood®** Original All Purpose Flour

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- 1/2 cup (125 mL) cornmeal
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/4 tsp (1 mL) garlic powder
- 1/4 tsp (1 mL) paprika

Directions

Step 1:

Heat 1/4 cup (50 mL) oil over medium heat in 10” (25 cm) frying pan.

Step 2:

Combine egg and water in shallow dish. Set aside.

Step 3:

Combine, in shallow dish, remaining ingredients. Dip fish fillets in egg, coating both sides, then dip in breading mixture, shaking to remove excess.

Step 4:

Fry fillets in oil for 2 to 3 minutes per side (depending on thickness of fish), until golden brown. Remove to plate lined with paper towels. Serve immediately with tartar sauce and lemon wedges.

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