

ChefTec Software
Fried Breaded Fish Fillets
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Categories American, Buffet, Dinner, Fish, Lunch, Main, Party

Yield	12	oz	Prep 00:20
Portion	6	oz	Cook 00:30
Num Portions	2		

Ingredients

		----- BREADING -----	(see Note)
1	oz	flour	
1	ea	whole egg, beaten	
¼	cup	milk	
6	oz	white bread crumbs, dry	

2	ea	flounder	
	to taste	salt	
	to taste	ground white pepper	
2	ea	parsley sprigs	
2	ea	lemon wedges	
2	fl oz	Tarter Sauce	

1. Set up breading station. Place the flour in one pan, the eggs beaten with milk in a shallow bowl, and the bread crumbs in another pan.
- 2 Season the fish lightly with salt and white pepper.
3. Bread the fish fillets by passing them though the flour, egg wash, and crumbs. Press the crumbs on firmly.
4. Fry the fillets in deep fat heated to 350 F(175C) until golden brown.
5. Drain and serve immediately. Garnish each portion with a parsley sprig and a lemon wedge. Serve with 1 oz (25mL) Tarter Sauce.

NOTE

Quantities given for breading materials are only guidelines. You may need more or less, depending on the shapes of the fish pieces, the care used in breading, and other factors. In any case, you will need enough so that even the last piece to be breaded can be coated easily and completely.

NOTE 2

Any lean, white fish such as Perch, Pike, Bass, Sole and Flounder can be used.

VARIATION

Breaded fish fillets may also be pan-fried in butter or oil.

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