

# CRISPY FRIED FISH

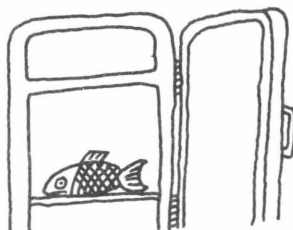
For 6 servings, about 3 ounces each, you need:

- 2 pounds small fish, ready-to-cook, fresh or frozen
- 1/4 cup milk
- 1-1/2 teaspoons salt
- Pepper, as you like
- 1/2 cup flour
- 1/4 cup cornmeal
- Fat or oil for frying

## MENU SUGGESTION

- Baked Potatoes
- Sweet-Sour Beans
- Lettuce Wedges
- Apple Dumplings
- Milk      Coffee

①



Thaw frozen fish in the refrigerator.



Clean, wash and dry fish.



Cut thick or long fish into pieces, if you like.

②

Mix in a bowl...



1/4 cup milk, 1-1/2 teaspoons salt,



and pepper, as you like.

Mix in a dish or on wax paper...



1/2 cup flour and 1/4 cup cornmeal.

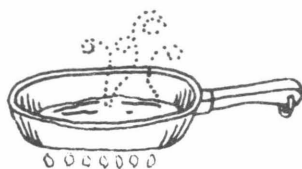


Dip fish in milk, then dip in flour mixture.

③



Heat a large fry pan with just enough fat or oil to cover bottom.



Fry fish over medium heat 4 or 5 minutes until brown on one side.

Turn fish carefully, add more fat, if needed for browning. Cook 4 or 5 minutes longer until other side is brown and fish flakes easily with a fork.

## SMART SHOPPER RECIPE

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