



FISH FRY BATTER

RECIPE

Ingredients

- 8 (4oz) cod filets
- 1 cup plus 3 tbsp all-purpose flour
- 1 egg, beaten
- 2 tbsp garlic powder
- 2 tbsp salt
- 2 tbsp pepper
- 1 tbsp cayenne (optional)
- Vegetable oil for frying

Directions

1. Rinse filets in cold water; pat dry. In a large resealable plastic bag, combine 3 tbsp flour and filets, one at a time, and toss to coat evenly.
2. In a bowl, beat the egg. Set aside.
3. In a new bowl, combine flour with seasonings; mix.
4. Dip filets in egg, then in flour mixture, one piece at a time, ensuring filets are coated evenly.
5. In a heavy skillet, heat 1 inch of oil. Fry filets over medium heat, working in batches if needed, until fish flakes easily with a fork, 2-3 minutes on each side.