



CRISPY OVEN FRIED FISH

February 24

Fish Fry Day

INGREDIENTS

- 1 Cup All-Purpose Flour
- ¼ Cup Breadcrumbs
- 2 Tablespoons Fine Cornmeal
- 1 Teaspoon Fine Sea Salt
- 2 Teaspoons Ground Paprika
- ½ Teaspoon Dried Onion Powder
- ½ Teaspoon Dried Garlic Powder
- ¼ Teaspoon Baking Powder
- 2 Large Eggs
- 1 Pound Thick White Fish Fillet (cut into 10 pieces)
- ¼ Cup Unsalted Butter

DIRECTIONS

1. Preheat oven to 430°F. Put a baking sheet in the oven to heat up – the pan you use to bake the fish on needs to be hot to melt butter on!
2. Mix first 8 ingredients for dry breading in a shallow dish.
3. Add eggs to a SEPARATE bowl and beat well.
4. Dip fish into breading to lightly coat. THEN coat fish with egg. FINALLY, coat fish with breading again, this time you can really pack on as much as will stick! (Just place breaded fish pieces on a plate until you've breaded them all.)
5. Remove pan from oven – careful, it's hot! Add 3 tablespoons of butter to pan to melt. Spread all over pan and put fish pieces on.
6. Bake fish for 10 minutes. Flip, add remaining 1 tablespoon of butter and bake for 5-10 minutes or until coating is crispy and fish is cooked through. Finish under the broiler for 2-3 minutes.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

10 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Piece	1½ Pieces	2 Pieces	2 Pieces