

Oven Fried Fish (makes about 6 servings)

The Fish Fry is a major Southern tradition for outdoor family gatherings and cookouts. The tradition may even involve members going out early in the morning to catch fresh fish. Usually, one family expert does the seasoning and cooking at the family events. This is an indoor oven version is tasty but maybe not as fun and interactive as the outdoor family fish fry!

Kitchen tools:

1 colander	1 knife, 1 spoon
2 small bowls	1 fork or whisk
2 large rectangular glass pan	1 set measuring spoons
1 cutting board	1 large plates

Ingredients:

2 pounds of fish fillet of your choice	¼ tsp white or black pepper
2 fresh lemons (cut one lemon in half; cut other lemon in wedges)	¼ tsp salt
¼ c buttermilk or ¼ c milk with 1 tsp. lemon juice	¼ tsp onion powder
2 drops hot sauce	½ c cornflakes, crushed or bread crumbs
2 to 3 large cloves garlic, minced	1 tbs. vegetable oil or spray cooking oil

What to Do:

1. Preheat oven to 475 degrees.
2. Rinse fish under cold, running water. Pat dry with paper towel. Place fish on cutting board. Rub lemon halves on each side of fish. Pat slightly dry.
3. Combine milk, hot sauce and garlic with fork or wisk. Pour into one glass pan.
4. Combine pepper, salt, onion powder and cornflakes or breadcrumbs in bowl with spoon. Spread mixture evenly on plate.
5. Place fish briefly in milk. Remove fish and place in plate of cornflakes or breadcrumbs, coating each side.
6. Lightly oil or spray other glass plan. Place in oven and bake for about 20 minutes on middle rack. Do not turn fish. Remove from oven
7. Cut fish into 6 pieces. Serve with fresh lemon wedges.

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