

Breaded Fish Recipe

2 cups crushed Rice Krispies

1 egg, use fork to beat it

2 tablespoons of butter

1 to 2 pounds of your favourite fish fillets (pickereel or pike is common at spearing season in April)

1 cup Canola or Corn Oil

Salt and Pepper (to taste)

Directions:

Thaw fish prior if frozen. Rinse it with water and pat dry with a paper towel. Pour oil into a deep frying pan and add 2 tablespoons of butter and heat on low to medium (please use caution as oil can get very hot). Coat fillets in egg. Then dip fish into Rice Krispies to bread it. Gently place fish into the hot oil to cook. After a few minutes or so the fish will need to be turned to cook on the other side – you will know when it's ready to turn because the fish breading will become golden brown. Cook a few more minutes on other side. Fish will be done when it has reached an internal temperature of 158 degrees F, will look white inside and it should fall apart easily.

Note: You can put the Rice Krispies into a plastic zip lock bag and use a Pastry Roller to crush the cereal into a powder so it will stick and stay on the fish better. Salt and Pepper may be added when you place the fish into the hot oil. The butter helps the fish coating brown nicely. Be very careful and use tongs or a long handle fork to turn the fish – this will prevent yourself from getting burned. You can adjust your heat if you feel your oil is popping or the fish is cooking a little too fast or slow (since every stove is different). You can use coloured Rice Krispies to add a fun look for kids – I call it my Happy Fish ☺

Enjoy,
Carlene