

HOOKED ON FISH

Fresh. Simple. Sustainable.

Ellyn's Fabulous Perch

Ellyn R.

This is a true-believer recipe. No real measuring or actual times or temperatures, sorry. Some people just trust their food and make the rest up.

Egg wash
All-purpose flour seasoned with garlic powder and dried parsley.
Perch fillets
Salt and pepper
Canola oil
Butter

Dip each fillet into the egg wash (an egg with a little water mixed in to dilute) and then dredge in seasoned flour, shaking off excess flour. A thin layer of "batter" coating is what you're looking for. Heat a canola oil-butter mix in a sauté pan at medium-high heat. In roughly two minutes, the bottom side should be a nice crispy golden brown. Turn over each fillet when it's golden brown. As soon as the turned fish is nicely browned on both sides, the fish will be cooked through. Place it on a paper towel to absorb some of the oil, and--if you need to hold it until an entire batch is ready--place it in the oven on an oven-proof plate, covered with a paper towel, at 200°. When you have a nice pile, then eat 'em up.

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