

# Fried and Baked Fish

There are many ways to prepare fish. Here are two basic recipes that can be used for a wide variety of fish. If using freshly caught fish, refer to the instructions below on how to cut fillets.

## Fried Fish

### Ingredients

- Fish fillets
- Approximately 4 C flour
- 1/8 C garlic powder
- 1/8 C lemon pepper
- 3 Tbsp salt
- Vegetable oil, for frying

### Directions:

Rinse fish fillets in a strainer, leave in strainer to drain. Heat vegetable oil in frying pan to 350 F. Combine flour, garlic powder, lemon pepper, and salt. Roll fish in flour mixture.

Put fillets in oil carefully. Cook for 3 minutes, turn to cook another 3 minutes. Put fried fish on paper towels to drain.

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## Baked Fillets

### Ingredients

- Fish fillets
- 1 Lemon

Lightly oil the bottom of a baking pan. Lay fillets in pan and squeeze fresh lemon juice over fish. Bake at 350 F for 15 minutes or until light and flaky.

### *How to Fillet Fish:*

1. *Lay the fish on its side on a flat surface*
2. *Cut the fish behind its gills and pectoral fin down to, but not through, the backbone*
3. *Turn the fish so that its back is facing you. Make a long slice along the back of the fish from the cut you made behind the gills all the way to the tail*
4. *Repeat this slicing motion until you can lift the meat part way away from the back bone*
5. *Run the tip of the knife along the fish ribs till the fillet lifts most of the way off the carcass*
6. *Push the blade of your fillet knife all the way through the body of fish from the dorsal side through to belly at the anal vent, and pull the knife towards the tail to separate the fillet from the rest of the fish*
7. *Repeat these steps on the other side of the fish*
8. *Lay the fillet on table skin side down. Insert the knife blade about a 1/2-inch from the tail, gripping firmly and put the blade between the skin and the meat at an angle*
9. *Using a little pressure and a sawing motion, cut against, but not through, the skin*
10. *Remove the fillets from the skin, wash each fillet in cold water*
11. *Pat dry with a clean cloth or paper towel. The fillets are ready to cook or freeze*